TUNE IN TO CANADIAN MUSIC WEEK, PGS 38, 41

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TORONTO • TUESDAY, MARCH 10, 2009 metronews.ca

Tiger Woods, Past Participant

Stem cell community applauds U.S.

RESEARCH Leaders in the Canadian stem cell research community found themselves battling conflicting emotions — joy that American colleagues were shaking off the yoke of religious ideology, and apprehension that with new political support and infusions of stimulus cash, U.S. research institutions may soon siphon off some of Canada's best talent.

"Basically, we both now, the United States and Canada, at this moment both have the same — very similar — policies and permissions. The difference is the U.S. has the means. And I think that that speaks volumes," said Mick Bhatia, scientific director of the Stem Cell Biology Research Institute at McMaster University. THE CANADIAN PRESS

MORE COVERAGE, PG 11

Paris Fashion Week **Ooh La La**

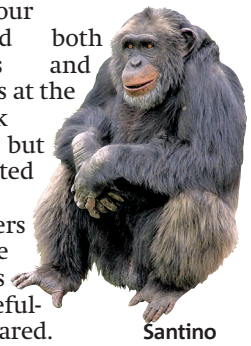
MICHEL EULER/THE ASSOCIATED PRESS

Models present creations in Paris yesterday by Dutch fashion designers Viktor and Rolf for their Fall-Winter 2009-10 ready-to-wear collection. More Paris Fashion Week coverage, page 43.

This chimp knows how to rock

A canny chimpanzee who calmly collected a stash of rocks and then hurled them at zoo visitors in fits of rage has confirmed that apes can plan ahead just like humans, a Swedish study said yesterday.

Santino the chimpanzee's anti-social behaviour stunned both visitors and keepers at the Furuvik Zoo, but fascinated researchers because it was so carefully prepared.



Santino the chimp

According to a report in the journal Current Biology, the 31-year-old alpha male started building his weapons cache in the morning before the zoo opened, collecting rocks and knocking out disks from concrete boulders inside his enclosure. He waited until around midday before he unleashed a "hailstorm" of rocks against visitors, the study said.

"These observations convincingly show that our fellow apes do consider the future in a very complex way," said the author of the report, Lund University PhD student Mathias Osvath. THE ASSOCIATED PRESS

Math questioned

Opposition says grad numbers don't tell entire story

Ontario's Liberal government boasted of another increase in high school graduation rates yesterday, but opposition critics warned the numbers aren't telling the whole story.

That's because the province is still using a five-year standard to measure graduation rates for its four-year high school program, even though Grade 13 was eliminated in 2003.

National rate

- Last summer, Statistics Canada reported the national graduation rate was nearly 75 per cent in 2006, about the same level it was in 1999.
- Graduation rates were highest in the Atlantic provinces and Saskatchewan, and lowest in Alberta and the three territories.

The high school graduation rate was 77 per cent last year, up from 75 per cent the year before, said Education Minister Kathleen Wynne.

When questioned about the numbers, Wynne conceded the graduation rate included students who took five years to complete the four-year program.

"There are lots of kids who want to take courses that they can't fit into their timetables, so they come back in that fifth year to do that, and I think that's a perfectly legitimate thing to do," she said.

The opposition parties welcomed the improvement in the graduation rate, but questioned the validity of the numbers and the government's methodology. THE CANADIAN PRESS

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Health

How to deal with recession stress without pulling your hair out, **pg 34**

- Tomorrow

Auto – Putting the brakes on car maintenance and keeping the mechanic away.

Sports pg 21

Canada strikes out versus Italy

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Tiger Woods, Past Participant

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"From the first course, I was completely addicted. It made me realize that I could do it as a profession – and it made me want it even more. I am a more competent and confident makeup artist. That confidence came from my time at George Brown College."

Skills that provide the right foundation

A Continuing Education Success Story – Christine Cho was already working as the manager of a makeup studio and spa when she decided to take courses at George Brown's Yorkville School of Makeup and Esthetics. She chose the school because of its location, facilities, flexible schedules and instructors (who remain active industry professionals). Christine is now a freelance makeup artist.

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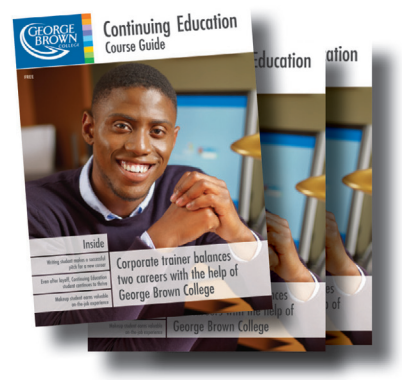

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Two arrested for murder
Two Orangeville men have been arrested and charged with the murder of Brampton teen Ariel Besley whose death was initially classified as a hit-and-run because his body was found in a ditch along a rural road in Caledon last summer. TORSTAR NEWS SERVICE

Local

80% think Ontario is 'poor'

Four in five Ontarians feel the provincial economy is "poor" and most do not believe Premier Dalton McGuinty, left, has a plan to improve things, a new Toronto Star-Angus Reid Strategies poll suggests. More than half of respondents — 53 per cent — fear the economic situation will worsen, with just six per cent optimistic things will get better.
TORSTAR NEWS SERVICE

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Tomorrow's Metro

Metro Drive

Metro gives you the lowdown on the hottest wheels at the Geneva motor show.

metronews.ca

What's online today.

Video Comrades gather at ramp ceremony for latest soldier killed in Afghanistan at **metronews.ca/canada**

Comment Allan Small's tips on how investors can best bide their time while waiting for market recovery at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 1 6 9; **Ontario Pick 4 :** 1 5 0 0
Encore: 3502662
Daily Keno: 7, 8, 10, 16, 18, 24, 30, 31, 35, 38, 39, 45, 46, 48, 52, 54, 60, 62, 63, 65.
These results are not official.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Moonshin Tattoo Parlour in Mississauga has been identified by Peel Public Health as an establishment that may not have been sterilizing its equipment properly.

Warning issued over tattoo parlour

Sloppy record keeping by a Mississauga tattoo and piercing parlour, combined with little public health oversight, may have put up to 3,000 people at risk of contracting HIV, hepatitis B and hepatitis C.

Dr. Eileen de Villa, associate medical officer of health for Peel Public Health, acknowledged yesterday that the agency inspected Moonshin Tattoo only twice in the past four years, although the province requires yearly inspections.

"The reason why we've issued the notice is because there is a risk, albeit a low risk. It's a precautionary measure."
Dr. Eileen de Villa, Peel Public Health

Customers who received tattoos or piercings from Moonshin Tattoo between March 2005 and February 2009 are being advised to get blood tests, after it was discovered the business failed to keep adequate maintenance records for its sterilization equipment. The agency is also asking customers to use condoms, avoid sharing clippers, razors, toothbrushes and needles, and postpone donating blood until the tests can rule out infection.

"The reason why we've issued the notice is because there is a risk, albeit a low risk. It's a precautionary measure," said de Villa.
TORSTAR NEWS SERVICE

GM labour savings not enough: Experts

ECONOMY Industry observers say the weekend cost-cutting deal between General Motors and the Canadian Auto Workers doesn't go nearly far enough.

Union president Ken Lewenza says it preserves Canada's "investment advantage" over U.S. factories and will be the pattern for talks with Chrysler and Ford.

But a DBRS analyst, Kam Hon, says the deal is "not material."

And Dennis DesRosiers, a leading independent industry analyst and critic of plump auto worker wages and benefits, says General Motors is continuing to avoid tough decisions, as it has for decades.

He estimates the total hourly cost of a GM Canada worker, including benefits, is $75 to $78. DesRosiers says General Motors needs to cut this by $20, but "they got six or seven." THE CANADIAN PRESS

U.S. deal

- The United Auto Workers union says its members working for Ford Motor Co. have approved contract changes that include freezing wages and cutting other benefits in a move aimed at helping the automaker remain competitive.

News in brief

SHOOTING A 36-year-old Toronto man was shot three times while sitting in the back of a taxicab last night. The incident is thought to have started behind a low-rise building and a series of variety stores in the area of Jane Street and Woolner Avenue around 8 p.m. The victim came out running from behind the buildings as he was chased by some people and jumped into a taxicab.

SENTENCE A Mississauga father of two young children was given an 18-month jail sentence yesterday for the 2005 drunk driving death of a Milton taxi driver. Caleb Harrison, 35, was supposed to be the designated driver for friends who refused to get in the car because he had been drinking heavily. Later, Harrison crashed his Mercedes head-on into a taxi carrying four young men who had chosen to take a cab home because they had also been drinking.
TORSTAR NEWS SERVICE

Toronto man charged with luring a child over the Internet

A 44-year-old Toronto man has been arrested for luring a child over the Internet after the OPP was contacted by a parent who was concerned about his child's activity. Michael Higgins is to appear at a bail hearing in Stratford, Ont., today. TORSTAR NEWS SERVICE

Man dies after hit by train

64-year-old ran on the tracks to save his two dogs

A man and his dog were killed this morning when struck by a westbound CP freight train in Toronto's Summerhill neighbourhood. A second dog was put down.

Emergency officials were called to the tracks at Shaftesbury Avenue between Ottawa Street and Summerhill Avenue, southeast of Yonge Street. and St. Clair Avenue East, at around 8 yesterday morning, said Sgt. Tim Burrows of Toronto police traffic services.

The dogs had been roaming the property off-leash when the westbound train approached on the northmost track, Burrows said.

TARA WALTON/TORSTAR NEWS SERVICE

Looking Eastbound on the train tracks where a man and his dogs were killed when struck by a westbound CP freight train in Toronto's Summerhill neighbourhood early yesterday morning.

Their owner had been following a safe distance away, but scrambled to save the pups when they walked into the path of the oncoming train.

The man and one of the dogs were killed instantly, Burrows said. Another had to be put down by police.

Police have identified the victim as a 64-year-old man who lived nearby with his immediate family.

This marks the first train-related fatality of Toronto this year.

"This incident was absolutely preventable," said Mike LoVecchio, CP's senior manager of media relations, adding that fences that have prominent warning signs against the dangers of trespassing enclose the stretch of rail where the man was found.

"The fence is not the issue, the issue is trespassing," said LoVecchio.

TORSTAR NEWS SERVICE

Markham path divides residents

PARK Markham has been praised lavishly for its plans to create livelier, better-connected live-work-play neighbourhoods, including an ambitious network of trails.

So town officials have been taken aback by the fervent opposition to their plans for a small gravel path and two bridges through a park near McCowan Road and Highway 7. The town wants to use part of a $4.5 million Ontario infrastructure grant to build the path, about two kilometres long.

The three-metre-wide path would connect the main streets of Unionville and Markham for pedestrians and cyclists. The crushed stone surface would discourage inline skating and racing bikes, and the trail wouldn't be maintained in the winter so use would be confined mostly to the warmer months.

But the idea has divided residents, between those who fear it will attract too many users and destroy a precious natural area, and those who want to encourage broader community access.

The sides are so bitterly divided that one path supporter begged that his name not be published, for fear of antagonizing his neighbours.

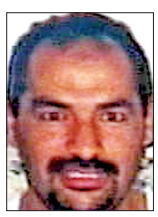
TORSTAR NEWS SERVICE

Judge reduces bail restrictions on terror suspect

SECURITY A Toronto terror suspect held under strict bail conditions, amounting almost to house arrest, has won an easing of some of his restrictions.

Mohamed Zeki Mahjoub, who is under a security certificate because of suspected links to extremist groups, was released from almost seven years of detention in 2007.

He has to wear a GPS tracking device and be supervised by his wife and stepson.



Mahjoub

Mahjoub sought relief from some of the more stringent conditions and Justice Carolyn Layden-Stevenson of the Federal Court says he's entitled to some relief, including permission to be alone in his home during the day.

She says he can also stay out in his backyard until 11 p.m., two hours longer than was allowed previously.

THE CANADIAN PRESS

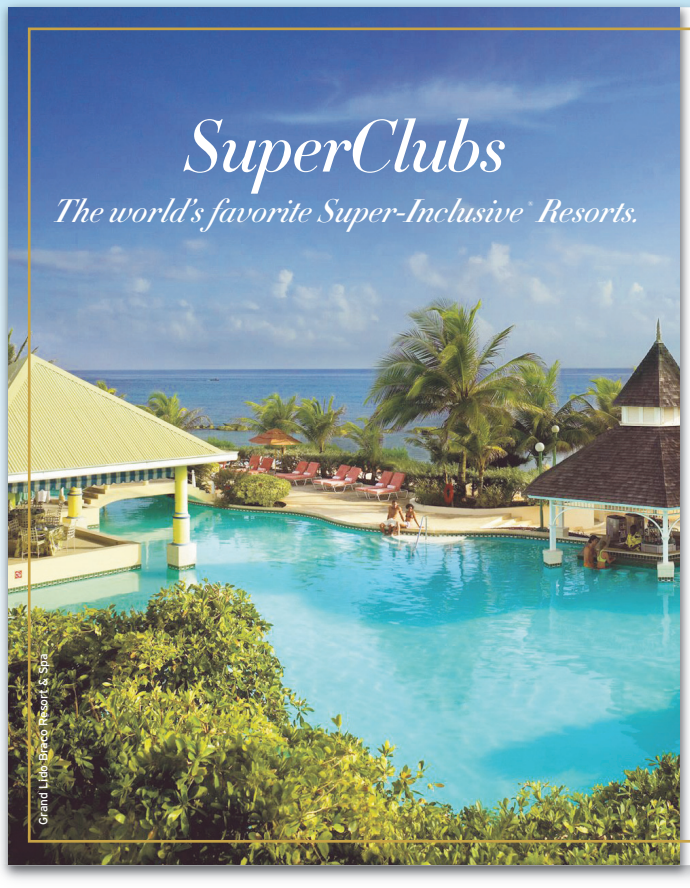
Body identified after 41 years

COLD CASE The family of Eric Jones held out hope for more than four decades that the reason he vanished at the age of 18 was to start a new life.

Those hopes have been dashed as police say human remains found in a provincial park in December 1967 belong to Jones.

Investigators at Ontario's Centre of Forensic Sciences used DNA and facial reconstruction to confirm his identity. THE CANADIAN PRESS

AIR CANADA VACATIONS



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- 2081 Steeles Ave. W
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
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- Oshawa Centre

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Police release description of bank robbery suspect
Halton police have released surveillance photos of a man they believe is behind a string of bank robberies in Halton Region, Toronto and Peel Region. The suspect is described as 5-foot-11, around 200 pounds, wearing a black coat, black pants, black toque and sunglasses. TORSTAR NEWS SERVICE

Owner claims conspiracy

Comfort Zone files $11M lawsuit against city, councillor

Ralph Berrin, owner of the Comfort Zone after-hours dance club, claims city inspectors, Toronto police and a local councillor have "conspired" to shut down his business.

However, the councillor, Adam Vaughan, says the club, on Spadina Avenue near College Street, has been red-flagged because illegal activities of a serious nature have taken place there.

"If you're running an all-night establishment with this kind of profile, and you run into trouble on your inspections, you'll be inspected more often. That's just the way the city works. There's no conspiracy there," Vaughan said yesterday.

Comfort Zone, which caters to the 19-plus crowd, filed a lawsuit against the city and Vaughan a few days ago, demanding $11 million.

The lawsuit was filed in Ontario's Superior Court of Justice in Toronto. No statement of defence has been filed as yet, and none of the claims has been proven in court.

Acting for the Comfort Zone, lawyer Marvin Huberman says the venue has been subjected to frequent visits and walk-throughs by police officers and municipal licensing officials.

"It's harassment, intimidating, and we want it to stop,'' Huberman said.

TORSTAR NEWS SERVICE

RON BULL/TORSTAR NEWS SERVICE FILE PHOTO

Police raid the Comfort Zone on Spadina Avenue last year. The club's owner is claiming city inspectors, Toronto police and a local councillor have "conspired" to shut down his business.

'Relentless campaign'

- The suit claims the councillor and city agencies — notably, police — entered into a "continuous and relentless campaign" to shutter the dance club by carrying out repeated police visits and raids as part of "unfair and unlawful" enforcement practices.

Soldier wanted world peace: Mom

Trooper Marc Diab dreamed of a military career from the time he was a boy in war-torn Lebanon and wanted to bring peace to the world, the mother of the latest Canadian soldier killed in Afghanistan said yesterday.

Marc Diab

The 22-year-old soldier, who emigrated to Canada with his family in 2000, was killed Sunday in a roadside bomb attack that wounded four other Canadian soldiers.

His mother, Jihan Diab, said from her home in Mississauga that her son was proud to be in the military and was fulfilling a dream.

"Marc called himself a soldier since he was probably eight, or before that," she said.

"What a hero he is. He was never scared. He wanted peace for every single part of the world."

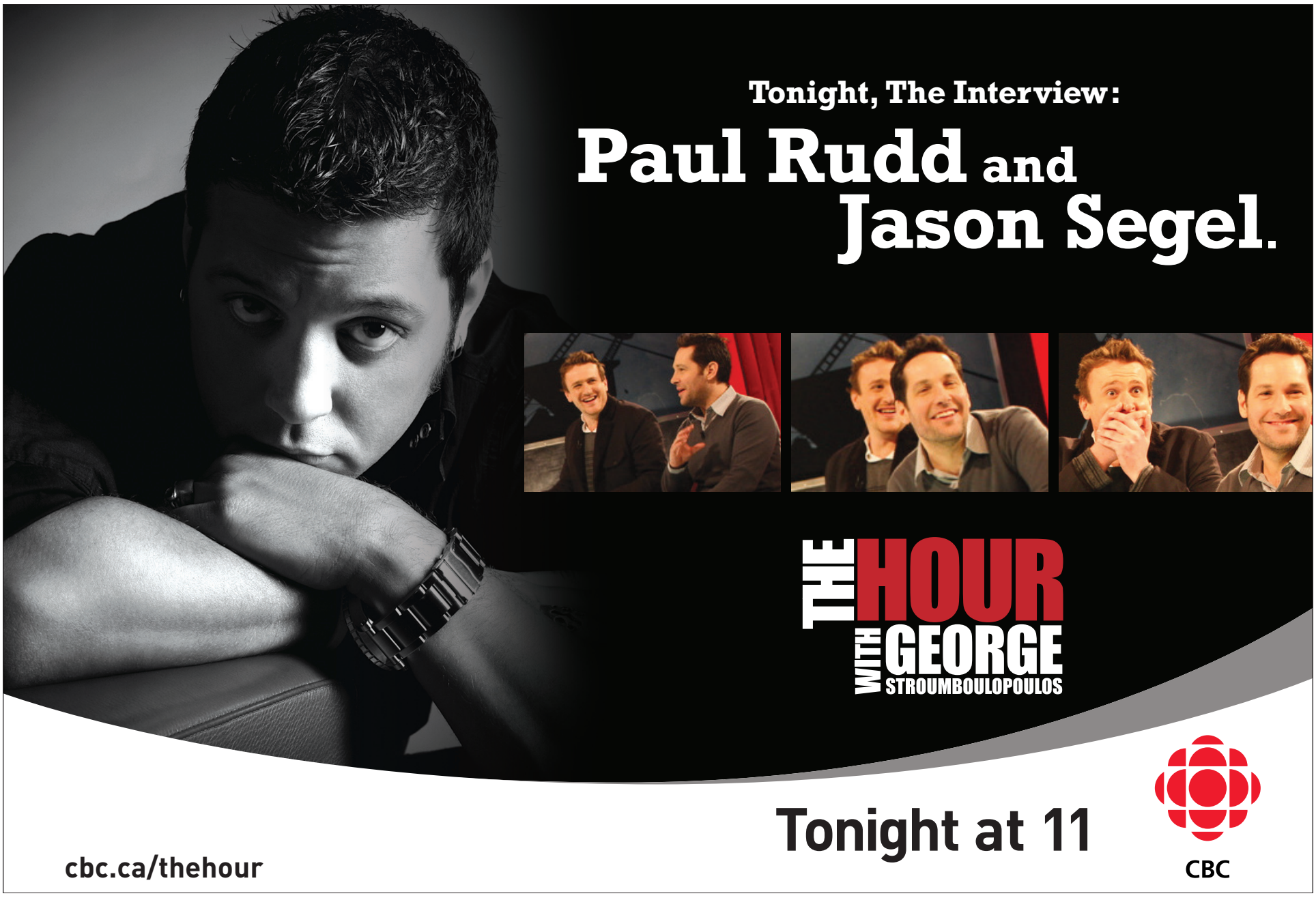
Diab wanted to continue his military career after his five-year stint was up in 2011.

"He had plans to study and do something else within the military, I don't know what it was," his mother said. "He told me, 'Mom, it's good. I won't be in danger so much.'"

THE CANADIAN PRESS

News in brief

POLITICS Andrea Horwath kicked off her first day in the Ontario legislature as NDP leader with fanfare, but few answers from the governing Liberals. Premier Dalton McGuinty was the first to walk across the floor yesterday to shake Horwath's hand upon her return from a weekend leadership convention in Hamilton. Horwath used her first question to ask McGuinty why he hasn't done more to help struggling workers. McGuinty simply said the government has been working to create jobs and will continue to do so. THE CANADIAN PRESS



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Ex-CEO takes blame for loss

Former Caisse de depot et placement CEO Henri-Paul Rousseau assumed responsibility yesterday for part of the $39.8-billion loss posted by the pension-fund manager in 2008. THE CANADIAN PRESS

Canada

NATO rumours surround MacKay

Defence Minister Peter MacKay, left, says NATO should consider all candidates regardless of their nationality for a job he's rumoured to be in the running for: secretary general of the military alliance. The North Atlantic Treaty Organization should eschew its long-standing tradition of selecting a European secretary general, MacKay said yesterday. THE CANADIAN PRESS

No new cash for CBC

Ailing public broadcaster should not expect more funding: MP

The beleaguered CBC will not be getting any help from Ottawa to cope with its economic woes.

Heritage Minister James Moore says the public broadcaster already receives substantial public funding each year and should not expect more.

"The CBC is receiving $1.1 billion this year and that's the allocation that they will have for this year," Moore said yesterday while in the city to announce a new funding program for television and new media.

"CBC is receiving a record investment from our government and I have every confidence that the management can make do with the taxpayer money they're getting."

FRANK GUNN/THE CANADIAN PRESS

Heritage Minister James Moore makes an announcement concerning funding Canadian broadcasting in Toronto yesterday.

CBC president Hubert Lacroix has been calling on Ottawa to help stave off potential cuts to staff and programming at the public broadcaster.

He said the slumping economy has seen the CBC's advertising revenues drop by as much as $65 million and predicts they will fall even more sharply in the new fiscal year.

Lacroix warned of deep cuts to programming and staff unless the federal government stepped in with early access to upcoming funds.

But Moore said that the government would not offer any such arrangement.

THE CANADIAN PRESS

Blending funds

- Heritage Minister James Moore says the Canadian Television Fund and the Canada New Media Fund will be combined and rebranded as the Canada Media Fund.

Gunshot victim in hospital as B.C. violence intensifies

SHOOTING The battle zone intensified on Vancouver streets early yesterday morning with another shooting and another victim rushed to hospital.

Const. Jana McGuinness said police don't know yet if the shooting was in a restaurant or outside.

"When our members arrived they found a man down on the sidewalk suffering from a gunshot," said McGuinness as she stood within view of police tape surrounding a small restaurant and several grungy doorways.

McGuinness confirmed the victim, in his 30s, underwent surgery and is expected to survive.

THE CANADIAN PRESS

News in brief

ECONOMY Premier Ed Stelmach is musing about allowing Alberta to slip back into debt to pay for building projects needed to stimulate the province's economy. On a weekend radio show in Edmonton, Stelmach said it makes good sense to borrow money for projects now that interest rates are as low as one per cent.

DEATH A homeless man in Calgary appears to have frozen to death in a late winter storm that ripped through southern Alberta on the weekend. Police say the man's body was found Sunday morning by a person walking a dog. The medical examiner's office has yet to confirm the cause of death, but police say foul play is not suspected. THE CANADIAN PRESS

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THE BAY

Brother of former NHLer found dead after house fire

The body of Andrew Rychel, 39, brother of ex-NHLer Warren Rychel, was discovered following a house fire yesterday. THE CANADIAN PRESS

Troops need break

Strained by Afghan mission: Army chief

The military may need a one-year break from operations in July 2011, when the Afghanistan mission winds down, says the head of Canada's army.

Lt.-Gen. Andrew Leslie told the Senate defence committee yesterday the military has been strained by the mission that began seven years ago and it needs time to regroup.

"In the mid-term, and beginning in July 2011, we will have to explore the possibility of taking a short operational break, that is well-organized and synchronized, of at least one year," he said.

Parliament agreed last year to extend Canada's military mission in Afghanistan to 2011 beyond the previous 2009 pull-out date.

Some diplomatic and humanitarian staff are expected to remain in the country once the military mission ends.

A break may be needed, Leslie said, because the military is suffering from shortages of personnel — particularly experienced senior officers — as well as equipment.

THE CANADIAN PRESS

Talking with Taliban

- The Conservative government says its policies are in line with those of U.S. President Barack Obama's on talking with the Taliban. Defence Minister Peter MacKay said the Canadian government welcomes talks between the Afghan government and those members of the Taliban who have renounced violence.

New Brunswick **Only minor injuries**

GREG AGNEW/THE CANADIAN PRESS

The driver of this Jeep was taken to hospital in Moncton, N.B., with minor injuries yesterday after slamming into a power pole. Not only did the pole snap in two, but the transformer crashed through the roof onto the man, who then managed to push it aside and crawl out of the vehicle.

Dion owes $200K from campaign

Liberals are preparing to pay tribute to Stéphane Dion, but organizers are hoping party members will pay something more substantial: Cold, hard cash to help retire his leadership debt.

As of Dec. 31, Dion still owed $200,000 from his successful 2006 leadership campaign.

And, according to the latest financial statements filed with Elections Canada, he wasn't the only one still struggling to pay off his debts.

Seven contenders from the 2006 contest owed more than $1.4 million combined, the financial statements show.

Stéphane Dion

Michael Ignatieff paid off his 2006 debt just in time to assume the leadership last December, when Dion stepped down.

Erstwhile rivals Bob Rae and Carolyn Bennett were the only contenders who were able to retire their debts within the initial 18-month repayment period, which ended last June. The rest, including Ignatieff and Dion, were granted extensions of a year to 18 months by Elections Canada.

Privately, some Liberal insiders predict much of the remaining leadership debts will never be repaid.

Under the law, Elections Canada can eventually allow leadership loans to be written off if there's no realistic chance of repayment.

THE CANADIAN PRESS

News in brief

NOVA SCOTIA An autopsy was being conducted yesterday on the body of a student who took a fatal fall from a residence window at St. Francis Xavier University in Antigonish, N.S. Nicholas John Sheehan, 18, of Fredericton, a first-year student, tumbled from the fourth floor of Lane Hall Sunday night. Grief counsellors were made available to students who feel they need to talk about what happened.

THE CANADIAN PRESS

Man charged in church shooting
Prosecutors have charged Terry Sedlacek, 27, with murder for allegedly shooting an Illinois pastor through the heart during Sunday services. THE ASSOCIATED PRESS

World

Obama reverses stem cells policy

U.S. President Barack Obama said yesterday he is allowing federal taxpayer dollars to fund significantly broader research on embryonic stem cells because "medical miracles do not happen simply by accident," and promised his administration would make up for the ground lost under his predecessor.

RON EDMONDS/THE ASSOCIATED PRESS
U.S. President Barack Obama is applauded by members of Congress after signing the order on stem cells in the White House.

Fulfilling a campaign promise, Obama signed an executive order expected to set in motion increased research that supporters believe could uncover cures for serious ailments from diabetes to paralysis.

Obama's action reverses former president George W. Bush's policy on stem cell research by undoing a 2001 directive that banned federal funding for research into stem lines created after that date. Bush limited the use of taxpayer money to only the 21 stem cell lines that had been produced before his decision.

He argued he was defending human life because days-old embryos — although typically from fertility clinics and already destined for destruction — are destroyed to create the stem cell lines.

The Obama order reverses that without addressing a separate legislative ban, which precludes any federal money paying for the development of stem cell lines. The legislation, however, does not prevent funds for research on those lines created without federal funding.

Researchers say the newer lines created with private money during the Bush ban are healthier and better suited to creating treatment for diseases.

THE ASSOCIATED PRESS

Pakistan leader warned of treason

PAKISTAN Pakistan's Interior Ministry chief has warned opposition leader Nawaz Sharif that his recent anti-government speeches have come close to treason.

Rehman Malik said yesterday the government had no plans to immediately arrest Sharif but suggested it had grounds to, adding that punishment was life imprisonment.

Any attempt to arrest Sharif ahead of this week's anti-government rallies would escalate political tensions in the country.

THE ASSOCIATED PRESS

'Swiss Gigolo' jailed for fraud, blackmail of heiress

GERMANY A man dubbed the "Swiss Gigolo" was sentenced to six years in prison yesterday for defrauding Germany's richest woman of $11 million and attempting to blackmail her for millions more.

Helg Sgarbi admitted to the Munich court that he threatened to release secretly recorded videotapes of trysts with BMW heiress Susanne Klatten, 46, who was married, unless she gave him millions to keep quiet. The 44-year-old also admitted convincing Klatten to give him $11 million by saying it was to treat a girl left paraplegic after he hit her with his car.

The Munich state court found Sgarbi guilty of fraud and attempted blackmail of Klatten.

He was found guilty of further counts of fraud and attempted blackmail for taking $4 million from three other women — identified only by the initials H., R., and S. — who were found as police investigated the Klatten case.

Prosecutor Thomas Steinkraus-Koch praised Klatten for her bravery.

"The only victim who came to us and gave a witness statement is Mrs. Klatten. We had to find the others, with great difficulty," Steinkraus-Koch said.

Klatten is the daughter of the late BMW magnate Herbert Quandt and holds a 46 per cent stake in the company.

THE ASSOCIATED PRESS

About the Gigolo

Helg Sgarbi

- Helg Sgarbi is a lawyer who speaks six languages, worked as a banker at Credit Suisse until the mid-1990s, and served as a reserve officer in the Swiss army.
- Germany's Stern Magazine reported that one victim, a countess 50 years Sgarbi's senior, turned him in to police in 2001 but had the charges dropped after he returned $22 million to her.

News in brief

ILLINOIS A U.S. federal judge has denied former Illinois governor Rod Blagojevich's request to have U.S. Attorney Patrick Fitzgerald thrown off his corruption case because he didn't like how Fitzgerald had talked about him. The judge said there's no precedent for it. Blagojevich argued Fitzgerald had made inflammatory comments about him following his arrest. THE ASSOCIATED PRESS

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France honours British survivor of First World War trench fighting

The last British survivor of the grinding trench warfare of the First World War's Western Front has been made an officer of the French Legion of Honour. French Ambassador Maurice Gourdault-Montagne gave 110-year-old veteran Harry Patch the medal yesterday. THE ASSOCIATED PRESS

Sudan frees jailed opposition leader

SUPPORT Sudan yesterday freed the country's top opposition leader, who was jailed for nearly seven weeks after calling on President Omar al-Bashir to surrender to face war crimes charges.

The release of Hassan Turabi, 76, appeared to be an attempt to blunt opposition to the president, who is trying to rally support at home after an international tribunal issued a warrant for his arrest on charges he was behind atrocities in Darfur.

Turabi remained critical of the president's defiance of the International Criminal Court and of the expulsion of aid groups in retaliation for the warrant. But he did not repeat his call for the president's surrender. THE ASSOCIATED PRESS

Holi **Children celebrate festival of colour**

AJIT SOLANKI/THE ASSOCIATED PRESS

School children with their faces smeared with coloured powder react to cameras yesterday as they celebrate Holi, the Indian festival of colours in Ahmadabad, India.

Real IRA responsible

Brown vows to catch killers

British Prime Minister Gordon Brown vowed yesterday that Irish Republican Army dissidents responsible for killing two soldiers will not be permitted to escape justice or undermine the Catholic-Protestant government at the heart of the peace process.

Gordon Brown

Brown paid a visit to the army barracks west of Belfast where the Real IRA splinter group gunned down two soldiers and wounded two other soldiers and two pizza delivery men Saturday — the first killings of British security forces in Northern Ireland for 12 years.

Brown said the Real IRA had mounted its attack in a last-ditch bid to keep the 22-month-old coalition of British Protestants and Irish Catholics from taking root. The dissidents were already too late, he said.

The British leader said the Real IRA had attacked now "because of the success of the political process, that people are working together and a small number of people want to disrupt something that is working — something that is showing the whole world that Northern Ireland stands together," he said.

The army identified the slain soldiers as Cengiz Azimkar, 21, from London, and Mark Quinsey, 23, from the English city of Birmingham. They were both supposed to depart Sunday for Afghanistan. THE ASSOCIATED PRESS

Clinton, UN chief spotlight Haiti

VISIT Former U.S. president Bill Clinton and United Nations Secretary General Ban Ki-moon are trying to refocus international attention on Haiti with a visit yesterday they hope will lure more aid to keep the impoverished country from sliding into chaos.

They planned to tour the rundown capital and meet with Haitian officials who have been struggling with high food prices and a series of storms during a period of relative political calm. THE ASSOCIATED PRESS

Israel accused of illegal mining in West Bank

QUARRIES Israel is violating international law by exploiting rock and gravel from West Bank quarries for its own benefit, an Israeli human rights group charged yesterday.

In a petition filed to Israel's Supreme Court, the Yesh Din group says 75 per cent of the rock and gravel removed from 11 West Bank rock quarries is transferred to Israel. The group wants a halt to all Israeli mining activity in the West Bank.

The mining activities are "illegal and executed though brutal economic exploitation of occupied territory for the economic needs of the state of Israel, the occupying power," reads the petition. Israel denies any violations.

Citing a military document, the petition says eight million of the 11 million tonnes of gravel removed from West Bank quarries every year are sold in Israel. The petition demands that Israel stop granting West Bank concessions to Israeli companies.

The military began issuing West Bank quarry permits to Israeli and international companies in the 1970s, but Israeli courts have never examined the permits' legality, said Shlomy Zachary, one of the lawyers behind the petition. THE ASSOCIATED PRESS

News in brief

PALIN Three more U.S. federal charges have been filed against a University of Tennessee student charged with hacking into the personal email account of Sarah Palin, the former Republican vice-presidential nominee. David Kernell, the son of a Democratic Tennessee legislator, pleaded not guilty. He allegedly gained access to Palin's account by correctly answering personal security questions. THE ASSOCIATED PRESS

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Tsvangirai says car crash was accident
Zimbabwe's prime minister Morgan Tsvangirai told mourners outside his home in Harare yesterday he did not suspect foul play in the car crash that killed his wife and injured him. THE ASSOCIATED PRESS

Security stepped up

China girds for Tibetan uprising anniversary

Authorities closed the last window into a restive Tibetan region in western China yesterday, tightening its security cordon on the eve of the 50th anniversary of the failed uprising that sent the Dalai Lama into exile.

Beijing is trying to head off trouble around March 10, which marks the start of the 1959 abortive Tibetan revolt.

Police checkpoints, armoured vehicles and sandbagged sentry posts have turned the remote mountainous region into something of an armed camp.

Local governments in Tibetan areas have ordered foreign tourists out, and foreign journalists have been detained and told to leave. Internet and text-messaging services have been unplugged in some parts. THE ASSOCIATED PRESS

NG HAN GUAN/THE ASSOCIATED PRESS

Chinese paramilitary police march yesterday on the streets of Kangding, Ganzi prefecture, in China's Sichuan province.

Chinese vessels harass U.S. ship

SHADOWED The Pentagon charged yesterday that five Chinese ships shadowed and manoeuvred dangerously close to a U.S. navy vessel on Sunday in an apparent attempt to harass the American crew.

A Chinese intelligence ship and four others surrounded the USNS Impeccable, an unarmed vessel with a civilian merchant marine crew, as the craft conducted ocean surveys in the South China Sea, the Defence Department said.

The Impeccable sprayed one ship with water from fire hoses to force it away. But Chinese crew members stripped to their underwear and continued closing. THE ASSOCIATED PRESS

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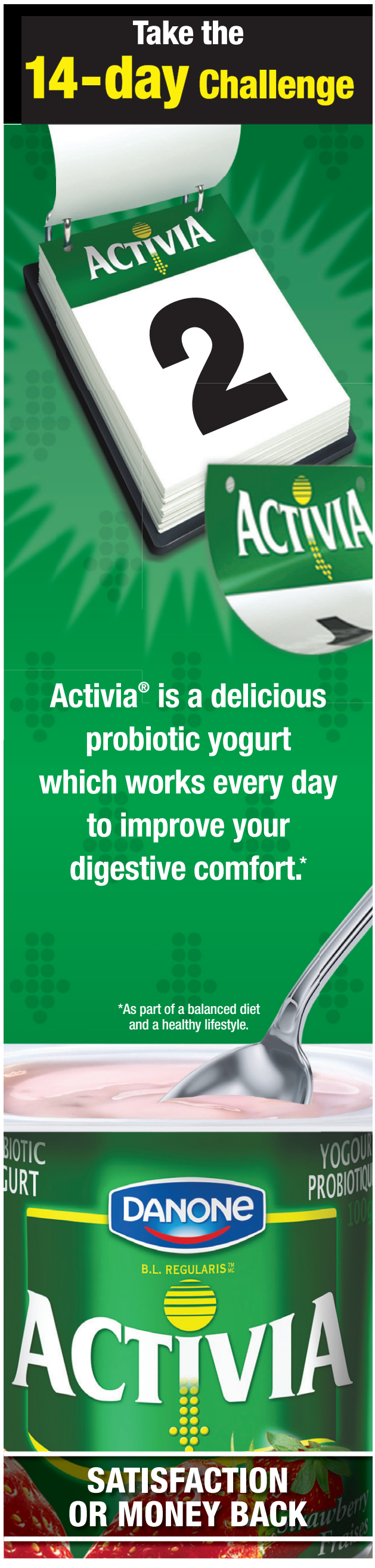

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Newt's economic 8-ball

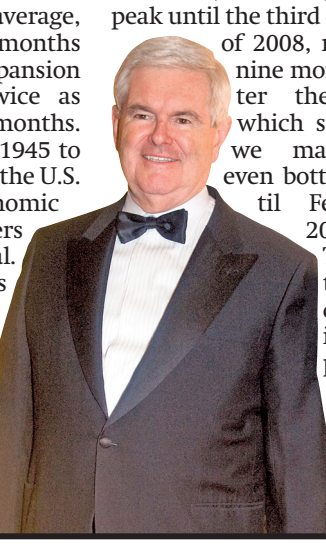
InBusiness

Charles Davies

When even Newt Gingrich has an opinion about the duration of the recession, you know economic forecasting is now officially as out of control as, say, U.S. mortgage lending was a year-and-a-half ago. Reasonable people think we'll hit bottom anywhere from a few months to a few years out. Gingrich, a former House of Representatives Speaker and all-around gloomy anti-bailout Republican, thinks the U.S. won't be in good shape for three-to-five years.

But really, though, how long is it going to take before job losses, bailouts, falling share prices and slumping GDP numbers yield to good news? If history is any guide, Canada's economy should look a lot better by late 2010.

How do I know this? Well, the National Bureau of Economic Research in the U.S. records 32 economic cycles since 1854 — a cycle being the period from one peak of economic activity to another. On average, recessions last 17 months while periods of expansion are more than twice as long, typically 38 months. In the period from 1945 to 2001, during which the U.S. experienced 10 economic cycles, the numbers are more congenial. Post-war recessions average 10 months with growth periods running 57 months, perhaps a tribute to the economic management tools developed in the wake of the Great Depression.



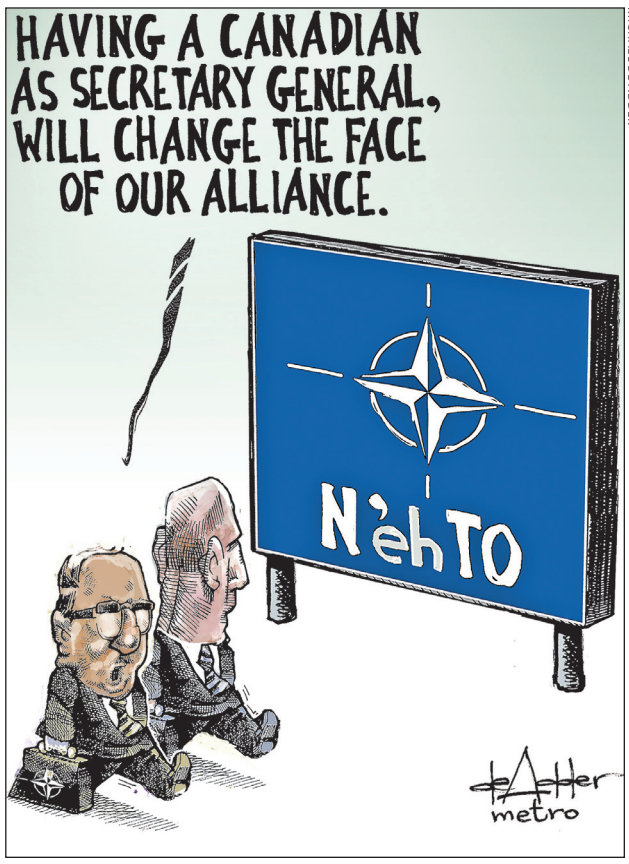
But let's be cautious. Using the broader, 155-year averages, and accepting the consensus that the U.S. economy peaked in December 2007, Americans should hit bottom roughly in May. Thereafter, we could see a gradual return to growth that tops out in about July 2012.

Canada, however, didn't peak until the third quarter of 2008, roughly nine months after the U.S., which suggests we may not even bottom until February 2010. Then, things could improve briskly, paced by a U.S. economy that's already in second gear.

Averages are just averages, of course. And other factors — our national economic dependence on commodities like oil and gas, for example — can make economic forecasting a mug's game.

As a fallback position, consider a doomsday scenario. With the sole exception of the Panic of 1873, when the collapse of the Northern Pacific Railroad triggered a 65-month slide in the U.S., the 43-month Great Depression is the worst North America has endured. Using that standard, the U.S. won't bottom until July 2011 and won't really be humming until late 2012. Which, come to think of it, is pretty much what Newt thinks will happen.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



MICHAEL DE ADDER

Views

Should faces be covered in court?

Alia Hogben
metronews.ca

In a recent sexual assault case, the judge ruled that a woman complainant must show her face, even though she argued it was her religious right to wear the full face covering (the niqab).

The judge's decision was based on the fact she showed her face for her driver's licence, so her face can be seen by anyone who needs proof of her identity. The judge also said showing her face is necessary so the accused and their lawyers can assess her demeanour, with all the cues provided by facial and verbal expressions.

The judge's decision is being appealed to the Ontario Supreme Court. The Ontario Human Rights Commission has asked for intervener status at the court so it can explain religious rights.

This seemingly simple issue raises major issues about religious rights: The right of the accused, diverse interpretation of religious injunctions and religious/cultural accommodation.

Face covering is demanded by some extreme conservative Muslims, and the Toronto woman is choosing this conservative interpretation for herself, although this is not required in Islam.

The difficulty for someone like me is that I must respect the woman's choice and I cannot tell the woman she must show her face, and for all I know this particular woman is fully integrated into Canadian society.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

However, this conundrum goes beyond the courtroom.

There are some Muslims who are increasing the number of identity markers, for example the niqab, to create a distinct identity, which is leading to self- segregation.

Before I am lambasted, I acknowledge that I am generalizing when I say wearing the niqab creates a separation between a woman and all others — and may, in many instances, restrict full participation in Canadian society.

Surely we Muslims should be active participants because we cannot fight racism and discrimination nor demand changes if we are not involved as full citizens.

I don't envy the Ontario Supreme Court judge who has to make this Solomon-like decision regarding the conflict between rights.

I am sure the judge will consider the resolution of such cases may strengthen the more conservative elements within the Muslim communities and set precedents for the legal system.

Alia Hogben is the executive director of the Canadian Council of Muslim Women, an organization of believing women who value equality of all

Online Chatter

Dziekanski's death affects everyone

Re: Poles in Canada and abroad following Dziekanski inquiry with anger, confusion (March 8)
I am Canadian, my family has been Canadian for five generations, originally from Scotland.
Dziekanski's death hits us all! Canadians (most) had given police unchallenged trust, the power to detain, arrest, shoot, Taser, club, jail and even kill if necessary as long as it is justified and in the line of duty.
We have seen the RCMP Complaints Commission under scrutiny, as well as the Police Commission in B.C. where Dziekanski died at the hands of police.

Comments by username broadpowers

Officers should be fired

Re: Poles in Canada and abroad following Dziekanski inquiry with anger, confusion (March 8)
What I am finding very difficult to accept is that four young, likely physically fit RCMP members were unable to restrain a single male who of course had a "stapler."
As a retired police officer, we never had the luxury of having four members to restore order involving a single male, we never had all the present day equipment.
The four RCMP should be criminally charged and fired, we don't need this kind of crap.

Comments by username kojack

Metro does not verify the identities of online commentators. Comments may be edited for space. To comment on these and other stories, log onto metronews.ca.

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38% SAID YES	Has registering on the do-not-call list cut down on your unsolicited calls?	63% SAID NO

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Smoking ban in Marlboro's home state
The home state of Marlboro, Virginia Slims and the world's largest cigarette factory is set to ban most smoking in restaurants and bars. Virginia Gov. Tim Kaine was to sign legislation yesterday in Virginia Beach that takes effect Dec. 1. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DAVID DUPREY/THE ASSOCIATED PRESS FILE PHOTO

An employee hands a patron a salad at the drive-thru window at a McDonald's in Williamsville, N.Y.

McDonald's reaps benefits of recession as sales rise

SALES McDonald's Corp. posted higher sales yesterday but warned that the stronger U.S. dollar and higher commodity costs may take some of the meat out of its first-quarter sales and profit.

America's No. 1 hamburger chain said quarterly sales will likely be off by at least $600 million US.

McDonald's has benefited from people's desire to save money as the recession has deepened. More consumers appear to be visiting fast-food chains instead of pricier sit-down restaurants.

THE ASSOCIATED PRESS

Fewer new homes built

Starts fall for sixth month

Housing starts recorded a sixth consecutive monthly decline in February, dragging construction of new homes to its lowest level in years.

Starts fell to a seasonally adjusted annual rate of 134,600 units in February, down 12 per cent from 153,500 units in January, because of the reduced sales and increased listings of existing homes, Canada Mortgage and Housing Corp. said yesterday.

The Bank of Montreal said the drop was 30 per cent on a year-to-year basis. On the same basis, home construction in the U.S. is down 48 per cent.

"The Canadian housing correction is in full swing, with starts now well below the rate of household formation, offsetting the overbuilding of the past five years," the bank said.

The bank said multiple starts such as condo buildings were the lowest since 2002, while single-family starts were at their lowest since 1996.

THE CANADIAN PRESS

The exception

- Housing starts dropped everywhere except in Atlantic Canada, where they rose 10.8 per cent.
- Urban starts fell by 14.4 per cent in Ontario.

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In brief

MARKETS The Toronto stock market closed modestly lower yesterday, adding to last week's steep losses. The S&P/TSX index closed 24.53 points lower to 7,566.94 with energy stocks providing lift as oil prices moved closer to $50 US a barrel. The Canadian dollar was down 0.45 of a cent to 76.98 cents US, its weakest level since September 2004.

AEROSPACE General Donlee Income Fund reported a fourth-quarter profit of $1.7 million, down from a year-earlier $2.5 million due to volatility in financial markets and a drop in the value of the Canadian dollar. The Toronto-based manufacturer makes precision-machined products for the military and general aerospace industries. THE CANADIAN PRESS

Americans ruled by fear: Buffett

U.S. ECONOMY Billionaire Warren Buffett says fear is dominating Americans' behaviour and called on political leaders to support the president's efforts to repair the U.S. economy.

"It's fallen off a cliff," Buffett said yesterday on CNBC. "Not only has the economy slowed down a lot, but people have really changed their habits like I haven't seen."

Buffett said the changes are reflected in the results of Berkshire Hathaway's subsidiaries. He said Berkshire's jewelry companies have suffered, but more people have been willing to switch to Geico to save money on car insurance.

THE ASSOCIATED PRESS

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Sooner or later, most parents will be looking for child care — whether it's daycare, a nanny, or (if you're lucky) grandparents.

But which option will best fit into your daily routine and spending plan? Most parents will agree that it's tough to find quality care and make the most of your dollars.

Now if you can't find a full-time family member, daycare is often one of the most popular options. However, with daycare spaces being limited and waiting times averaging a year or more, it's a good idea to get on a list early. But signing up at too many daycares before knowing exactly what you want can be costly. Usually you have to pay a deposit, anywhere from $20 to $100, and you might not get this money back.

Daycare is generally a more affordable option if you have one or two children. For kids two years and older (depending on where you're located) it generally costs between $700 to $1,000 a month, for full-time, licensed daycare, five days a week.

Finding daycare for infants from six months to a year can be more difficult and because of the increased need for staff, it's usually more expensive too. To keep costs down, you can look for a daycare that allows you to pack a lunch for your child — provided you have the time to make it. You also need to consider the time it takes to drive to your daycare. If it's way off your route to work, you need to factor in gas costs and the hours of operation.

The total cost of a live-in nanny is about $2,000 a month (depending on location). While their salary is usually around $1,000 a month, you'll also need to pay for their employment benefits and pension. Plus you'll need to have a spare room in your house. The plus side is you can deduct a portion of their room and board from their salary based on government guidelines. And if you hire through an agency you'll also have to pay the agency a fee, which can vary from a one-time placement fee to a percentage of their salary.

If you have a close friend or neighbour with kids you can nanny share and agree to split the costs of a nanny as some nannies will agree to look after up to four kids in one house. So if you can find a friend with one other child, you would cut the cost of a nanny in half.

For more on child care costs, hop onto smartcookies.com and visit the forum for new or expecting moms. Questions for the Smart Cookies can be emailed to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

No rest for the wicked

Fraud techniques and technology always evolving

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Recently, I received an email with a request to verify information. I replied, as I was familiar with the institution. Several days later, I was informed by my financial institution my account had been compromised. I hope you print this because it has taught me a lesson.

— Bernice, Alberta

A The English dictionary defines "fraud" as the intentional deception resulting in injury to another person; something intended to deceive.

New fraudulent schemes are invented everyday. Businesses and individuals should always be diligent. Fraudsters work 24/7 and use the most modern of technology.

Individuals must be careful to secure personal information and always be cautious when revealing such. Fraudsters use many simple and creative ways to get your personal information, such as some of the following:

Phishing

• Emails claiming to be legit institutions to obtain personal information.

Dumpster divings

• Fraudsters go through your garbage seeking your bills, bank statements, etc. If you have a shredder, use it.

Skimming

• Stealing numbers for your credit/debit cards when processing your card. Be careful next time you fill up at the pump.

Old-fashioned stealing

• Rob you of your wallets/purses with all your credit cards, etc. Not exactly high-tech, but effective.

Individuals should be on the alert, as scams are created faster than I can write my next column. The following list should keep you on the look out:

1-900 scam

• An offer in the mail to claim your winnings by calling a 1-900 number. Your cost is per-minute charges, your possible winnings, a loonie or twoonie.

Foreign country scam

• Emails to transfer millions of dollars to your bank account with an eventual request for a small processing fee.

Canada Revenue Agency (CRA) tax refund

• Emails claiming to be CRA requesting personal information in order to process tax refund. This is not the CRA!

Unfortunately, we live in a society that often reflects our cliché; If it sounds too good to true, it probably is.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800, ext. 227 .

Don't fall for an offer in the mail to claim your winnings by calling a 1-900 number. Your cost is per-minute charges, your possible winnings, a loonie or twoonie.

Fraud Prevention Month

Individuals must be careful to secure personal information and always be cautious when revealing such.

Fraud fact sheet

Recognize a scam:
- It sounds too good to be true
- Reveal private and personal information
- Pay a small fee
- Call 1-900 number
- Caller wants to be your best friend

If you suspect a scam:
- Do not call back or respond
- Delete email
- Hang up
- Report scam

How to report a scam:
- RCMP — Canadian Anti-Fraud Centre; 1-888-495-8501; info@phonebusters.com
- Competition Bureau of Industry Canada; 1-800-348-5358; compbureau@ic.gc.ca

Investing
Allan Small

Visit metronews.ca to read Allan Small's market update, as well as some ideas for investors.

March is Fraud Prevention Month
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209 Danforth Ave.
2171 Queen St. East
2256 Bloor St. West
2323 Yonge St.
Unit 101
Bayview Village
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
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Scotia Plaza
Toronto Life Square
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Home loan tip

Taking out a loan for a renovation will improve your monthly cash flow and allow you to complete your project in one phase rather than multiple stages. **NEWS CANADA**

Spring Lending

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

‘Do your research’: Experts

Get a pre-approval on your mortgage before buying

RAFAEL BRUSILOW
for Metro Canada

If you’re a first-time buyer with a steady financial situation, you might be chomping at the bit to catch a good deal in the current down market — just make sure you crunch the numbers first.

Jim Rawson, a regional manager with Canadian mortgage brokerage firm Invis, says the weak economy has made real estate a buyer’s market in most parts of Canada and the spring and summer months could see a wave of buying if bargains continue to make it onto the market.

Yet, the economy hasn’t shown major signs of an upswing, so you should be wary of biting off more than you can chew.

Bottom line: Don’t rush into anything, because you don’t need to — do your research, take your time and shop around.

Rawson says the most important thing to do before setting out to buy a house is to get a pre-approval on your mortgage so you’ll know exactly how much home you can afford.

“You don’t want to go out looking for that first home without knowing how much you can afford to spend. A lot of home buyers will go out and find their dream home only to realize there’s no way they could afford it,” Rawson said.

“You don’t want to go out looking for that first home without knowing how much you can afford to spend.” Jim Rawson

If you need a little extra money for your down payment and you are a first-time buyer, you or your partner can take out up to $25,000 per person from your RRSP for any reason related to buying a home — including covering closing fees, land transfer taxes or a down payment. You then have 15 years to repay the money back into your RRSP.

Gary Robertson, a financial adviser with Edward Jones, says you do have to be careful if you start dipping too deeply into things like RRSPs or emergency funds to buy your house, however.

“Don’t stretch yourself to the limit — leave some wiggle room because you need to afford the expenses that come with owning a home.

“Utilities, property taxes, condo fees — all those things have to be added in and that could make the home not affordable,” Robertson said.

Plan for the worst possible scenario and make sure you can adjust accordingly, as current interest rates can seem deceptively low.

“Be pessimistic about the future of interest rates. If you’re paying 4 per cent now, you’re probably going to be paying 6 to 7 per cent upon renewal of your mortgage,” Robertson said.

ARIEL SKELLEY/THE IMAGE BANK

The weak economy has made real estate a buyer’s market.

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Break can reduce taxes by 15 per cent

JON TATTRIE
for Metro Canada

A tax break introduced in Stephen Harper's 2009 budget is good news for home-owners planning renovations, experts say.

"Anyone who's thinking of doing any kind of home renovation over the next few years should probably try to accelerate that if they can afford to," said Jamie Golombek, managing director of tax and estate planning for CIBC.

The Home Renovation Tax Credit is valid for any home-renovation expenses paid after Jan. 27 and before Feb. 1, 2010. Tax-payers can claim a credit that reduces taxes payable by 15 per cent of expenses over $1,000 and under $10,000. A bit of math reveals that gives you a maximum credit of $1,350.

"Anyone who's thinking of doing any kind of home renovation over the next few years should probably accelerate that if they can afford to." Jamie Golombek

"They really have to be expenses that are of an 'enduring nature,' something integral to the dwelling. That includes the cost of labour and building materials," Golombek explained.

Renovating your kitchen or bathroom, or putting in new carpeting, hard-wood floors, a new deck or other extension, furnace, roof, driveway, interior and exterior painting, in-ground swimming pools and landscaping all qualify.

Things like furniture, appliances, carpet cleaning, house cleaning and snow removal don't qualify.

Renovating your bathroom is an expense that would qualify for a tax break that was introduced in the 2009 federal budget.

Golombek reminds people to save their receipts, and notes that Cra-arc.gc.ca has a list of what qualifies.

The tax break is also good for the owner of vacation property.

When it comes time to do the work, do the math first, says Janice Rice of Canada Mortgage and Housing Corporation. "In this case, the pen is mightier than the hammer."

First, assess what you want to renovate and how much that will cost. Next, explore your financing options. If the cost is low, credit cards, renovation loans or lines of credit may be the best fit.

"These products are excellent for renovations someone wants to pay off in a short period of time," Rice says. The interest rates are higher, but the loans are more convenient.

If you have major plans, look at spreading the cost over a longer period with a mortgage. That can be a conventional mortgage, which will typically go up to 80 per cent of the property value, or a CMHC-insured mortgage.

"That allows the home owner to get a maximum mortgage amount of 95 per cent," she explains. "It gives them the ability to finance a larger-scale renovation over a longer period of time at very competitive interest rates."

Check out Cmhc-schl.gc.ca for a range of financing options.

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The cost of doing business

Short-term financing options — such as an overdraft or an operating line of credit — can help business to pay suppliers, increase inventory and cover expenses when they may not have sufficient cash on hand. NEWS CANADA

Many people are intimidated by their visit to the bank.

Winning over the bankers

How to turn your entrepreneurial dream into reality

NOELLE MUNARETTO
for Metro Canada

It all starts with an idea.

Chatting with friends, family or co-workers, someone dreams up their own business and vows to make it work. But, the challenging part is changing those ideas into actions. And for businesses to be successful in the future, it will require the help of bankers in the present.

"A lot of people are under the impression that money grows on trees," says Jaime Wombolt, a business information officer with Canada Business Nova Scotia. "It's not that it's their fault. It's just the truth of the matter."

Wombolt says officers at Canada Business centres all over the country work with prospective small business owners to connect them with the real-life resources they need.

"We consider ourselves to be a one-stop shop for business information," she says. "A lot of people have a great idea for a business and no idea how to go about it."

However, Wombolt says their Financing Info Guide and Business Plan Guide are two great tools entrepreneurs can use to prepare for the process of approaching a bank for a loan.

Lesley Lawrence, Toronto-East vice-president and area manager for the Montréal-based Business Development Bank of Canada, says the most important element of acquiring a business loan is a solid business plan.

"Talk to people within the industry you are trying to get into." Lesley Lawrence

"It shouldn't be a 45-page document. It should be clear and concise and you should be trying to make it as simple as possible," she says. "You want to show your banker how you will succeed in paying the business back."

In addition, Lawrence says entrepreneurs should think out the document well in advance.

"You should do your homework and talk to people within the industry you are trying to get into," she adds. "Find a mentor."

Kerry Peacock is the senior vice-president of business banking for TD Canada Trust. She reveals that many entrepreneurs still fear the bank, especially during the loan process.

"For some people going to the bank is like going to the dentist," she says.

Instead she encourages prospective business owners to approach a financial adviser right away to find out what exactly is required at that bank to secure a loan. "It'll actually be a smoother process if you come in at the very beginning as opposed to when you want that line of credit," says Peacock.

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Barkley released after three-day sentence
Former NBA star Charles Barkley was released from an Arizona jail yesterday after serving a three-day sentence on a drunken driving conviction. Barkley spent about 36 hours in jail after getting 12 hours of work release on Sunday and yesterday. METRO NEWS SERVICES

Sports

Sharapova back for doubles

Three-time major champion Maria Sharapova will return to the WTA Tour this week after missing more than seven months by playing doubles at an event in Indian Wells, Calif. Sharapova, who has not played since pulling out of a tournament in Montreal last July with a right shoulder injury, will compete in doubles for the first time in nearly four years, teaming with Elena Vesnina.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

CFL The Toronto Argonauts added three receivers yesterday, including former Liberian Olympic sprinter Abraham Morlu and six-foot-five Jeron Harvey. The third receiver is Cleannord Saintil, a six-foot, 190-pound Arena League star with the San Jose SabreCats. Morlu represented Liberia at the 2000 Olympic Games.

MLB Alex Rodriguez had surgery yesterday to repair a torn labrum in his right hip, and his projected timetable for recovery remained six to nine weeks. THE CANADIAN PRESS

SCOREBOARD

NHL

EASTERN CONFERENCE

	W	L	OT	P
d-Boston	43	15	9	95
d-New Jersey	42	20	3	87
d-Washington	40	21	6	86
Philadelphia	35	19	10	80
Montreal	35	24	7	77
Carolina	36	27	5	77
Florida	34	24	8	76
N.Y. Rangers	34	25	8	76
Pittsburgh	35	26	6	76
Buffalo	33	26	7	73
TORONTO	26	28	13	65
Ottawa	26	29	10	62
Atlanta	25	35	6	56
Tampa Bay	21	32	13	55
N.Y. Islanders	22	37	7	51

d-division leader

YESTERDAY'S RESULTS
Ottawa 2 **TORONTO** 1
Carolina 3 N.Y. Rangers 0
Vancouver at Los Angeles

NBA

EASTERN CONFERENCE

	W	L	PCT
dx-Cleveland	49	13	.790
dx-Boston	49	15	.766
d-Orlando	46	17	.730
Atlanta	36	28	.563
Miami	33	29	.532
Detroit	32	30	.516
Philadelphia	30	31	.492
Chicago	29	34	.460
Milwaukee	30	36	.455
Charlotte	28	35	.444
New Jersey	28	35	.444
Indiana	28	37	.437
New York	25	37	.403
TORONTO	23	41	.359
Washington	15	49	.234

d-division leader x-cliched playoff spot

YESTERDAY'S RESULTS
Atlanta 89 New Orleans 79
Detroit 98 Orlando 94
Washington 110 Minnesota 99
Chicago at Miami
Houston at Denver
L.A. Lakers at Portland

Canada bounced by Italy

Baseball team out of WBC after stunning home-turf loss

WORLD BASEBALL CLASSIC
Italy 6, Canada 2

Italia VS

It's over. Team Canada, which captured the collective imagination of Canadian baseball fans with a great performance against the U.S. Saturday, bowed out of the World Baseball Classic last night with what was undeniably an embarrassing effort against Italy at the Rogers Centre.

Canada, let down by its pitching, was never in it against the underdog Italians, who scored four runs in the first four innings en route to a 6-2 win that eliminated Canada from the double-knockout global tournament. This was undeniably a bitter pill to swallow for the Canadians. They were playing with a great lineup in their home country. After losing 6-5 to the USA in a stirring game before 42,000-plus fans, the Canadians were expected to handle the Italians and advance to a do-or-die game tonight against Venezuela.

Was Canada looking past the Italians? Italy was a team that manager Marco Mazzieri said was based mostly on "guys who play (in Europe) and have day jobs."

Justin Morneau shows his frustration.

Canadian manager Ernie Whitt insisted that was not the case. But Whitt left himself open for second guessers by starting veteran minor leaguer Vince Perkins and saving Blue Jays starter Scott Richmond — considered Canada's ace — for a potential game against Venezuela.

11 Canadian runners left on base against Italy.

"If we don't make it to (the Venezuela game), you can write I'm a bonehead for not starting Richmond," Whitt said for before the game. "Hopefully, we'll be in a position where I won't look like a bonehead."

Perkins led an onslaught of ineffective pitching that saw six Canadian hurlers surrender seven walks and nine hits.

TORSTAR NEWS SERVICE

Carbonneau canned by Habs

NHL The Montreal Canadiens' 100th anniversary season is becoming a nightmare, with the firing of coach Guy Carbonneau the latest horror. General manager Bob Gainey said yesterday he will take over behind the bench for the second time in three years after axing his former teammate. The surprise announcement came a day after the team ended a two-game losing run with a 3-1 victory over the Stars. "In the last eight weeks our performance has been below average, and I believe a change in the direction at ice level is necessary," Gainey said. THE CANADIAN PRESS

Carbonneau

Leafs Fall in Ottawa

ANDRE RINGUETTE/NHLI VIA GETTY IMAGES

Jason Spezza of the Senators and Alexei Ponikarovsky of the Leafs chase the puck last night in Ottawa. The Sens won 2-1. For a complete recap, visit www.metronews.ca/sports.

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22 sports

Eric Staal first star
Carolina Hurricanes centre Eric Staal was named the NHL's first star of the week yesterday. METRO NEWS SERVICES

Tyson says Ali the man to beat in new EA game

If the new Fight Night: Round 4 video game is as true to life as Mike Tyson says it is, Iron Mike probably wouldn't have had a chance against heavyweight great Muhammad Ali.

Gamers will be able to get an idea for themselves by pitting the two former boxing stars against one another in the latest version of the game from EA Sports.

"That's why everyone should get this game, because it puts Ali and me in our prime and has the two of us fighting magnificently well," Tyson told The Canadian Press in a telephone interview. "I haven't done well as Mike Tyson, but as Joe Frazier, I kicked a lot of ass.

"Maybe Joe Frazier is a better fighter in the game."

Ali and Tyson, the two best-known heavyweights of the last 50 years, were selected in fan voting to be on the cover of Fight Night: Round 4, which will be shipped to retailers on June 30. The game was developed by EA Canada in Vancouver. Other fighters include Lennox Lewis, George Foreman, Sugar Ray Leonard, Tommy Hearns and Mexican legend Julio Cesar Chavez, as well as British lightwelterweight Ricky Hatton and the man he will face live in the ring on May 2 in Las Vegas, Manny Pacquiao.

Fight Night: Round 4 will be in stores this summer.

"It's pretty amazing," said Tyson, an avid gamer. "The minor touches they did as far as the lucidness and the fighters being agile, it's amazing."

Tyson, 42, stopped boxing after a loss to Kevin McBride in 2005 with a record of 50-6-0, including 44 knockouts.

The youngest heavyweight champion ever, he had first-round KOs in 12 of his first 16 bouts and was only 20 when he won the WBC title with a second-round TKO of Canadian Trevor Berbick in 1986.

He owned three titles when he lost a shock 10th-round knockout to Buster Douglas in 1990, then went into decline both in and out of the ring.

He spent three years in jail following a rape conviction in 1992, then came back to beat Frank Bruno and Bruce Seldon to win back two titles, only to lose them to Evander Holyfield in 1996. In a rematch in 1997, he famously bit off a piece of Holyfield's ear.

Tyson's latter years were marked by wild facial tattoos, but little success in the ring. In 2003, he declared personal bankruptcy, after reportedly earning $300 million US in his career.

Ali, who fought from 1960 to 1981, was a larger-than-life personality, known as much for his poetry and political sensitivity as his considerable boxing skill. THE CANADIAN PRESS

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on April 14.

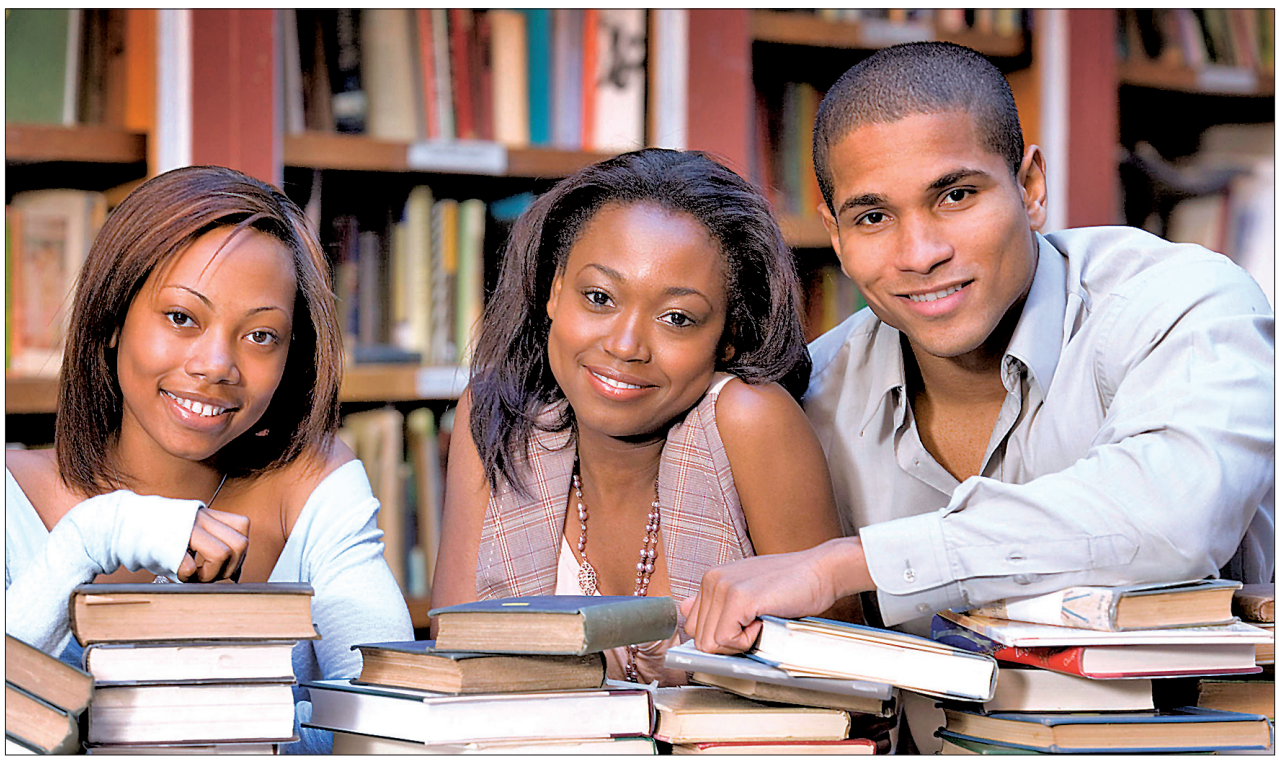
Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Double duty

International pupils also learn about living abroad

LEYLA EMORY
for Metro Canada



International students have to adapt to the culture shock of living in a new country on top of taking on a full course load.

International student Leonie Charlton has twice the work of her peers: The courses she's enrolled in and learning about the city in which they're offered.

"I had never been in winter before I came (to Toronto)," says the Jamaican-born Humber College business student. "So the cold was a shock, but I liked the atmosphere, I liked the society and I liked how it's very accepting."

Charlton feels an international education puts her at an advantage. "We're not one of the more developed nations, so in order to get a better grasp of how business operates and get an international scope of what really happens outside of my little area, I wanted to choose a more post-industrial nation that is multicultural and accepting. Where you can grow in its society."

In turn, international students contribute to the growth of society, according to Michelle Suderman, associate director of international student development at the University of British Columbia.

"Students tell us they come away with a much better understanding of the way people in other parts of the world see an issue," Suderman says. "If they're in a class with Canadians and other international students, they're amazed at how many different ways there are at looking at the same problem."

For Christine Boake, a graduate of Parsons the New School for Design, studying in New York was less of a culture shock but equally rewarding. "You get to experience a different culture and learn to adapt to all its nuances," she says, "but you also represent your own country. I was always very proud that I was Canadian."

Both Boake and Charlton feel that completing a degree abroad puts them at an advantage in the job market. But learning away from home can be difficult.

For Boake it was the constant upkeep of documentation to get in and out of the country. Charlton is finding her Caribbean work experience is not transferable to the Canadian job market.

For others, it's "getting used to a completely new way of living and often a completely different language," says Suderman. "Students tell us even small tasks like taking the bus can be complicated because they don't know they have to step down or ring the bell. There's a constant feeling of being a fish out of water."

But "feeling like a foreigner is an interesting experience in and of itself," says Boake.

It's part of the education, says Charlton: "Explore, get to know things, ask questions. There's never a silly question. If someone's laughing at you, fine. You learn from it."

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on April 14.

International education costly

Foreign students, who make up half of Canada's MBA enrolment, pay a high price

Paolo Delano was drawn to Canada as a peaceful land of opportunity.

Fees for international MBA students can run as much as $80,000, compared to $65,000 for their Canadian counterparts.

Nikhil Mathai was looking for the right school.

Mehran Redjvani came here so his fiancée could be closer to her family.

About half of all MBA students in Canada are international students. Whatever brings them to this country, one thing is certain: An MBA program is an expensive endeavour. Fees for international students can run as much as $80,000, compared to $65,000 for their Canadian counterparts.

Add in living expenses and the tab can easily reach $100,000 for a one- or two-year program.

That's a lot of rupees. Just ask 26-year-old Siddharth Samarth.

"It's probably about five times the salary I would earn in a year over there," said Samarth, from India, who worked at a bank in Pune, India, for about four years after completing his engineering degree.

"Honestly, I don't know if I've spent that much money in my entire life."

After seeing businesses in a developing economy, he decided he wanted some perspective on how business is done in the West.

"I had a good job in India, a very comfortable life, but if you want to play the game at another level, then you need to be able to move yourself out of that comfort zone," Samarth said. "You need to be able to take that calculated risk. Some people would not have the stomach for it."

He is finishing his MBA at the Richard Ivey School of Business at the University of Western Ontario.

Samarth has accepted a job with CIBC's risk management group and will be starting in August. He hopes to be able to pay off his student loans in three or four years.

Nikhil Mathai was just looking for the right school. He wasn't picky about the country. The 26-year-old mechanical engineer from India was willing to go anywhere.

He selected the one-year program at Queen's School of Business at Queen's University because of small class sizes.

"Everyone in the office knows your name," he said. "There's a level of personal care here that I didn't really expect."

> **"Honestly, I don't know if I've spent that much money in my entire life."**
> Siddharth Samarth

Mani Venkatakrishnaprasad, born in India and raised in Singapore, has an engineering degree. He came to Canada looking for opportunity.

What drew him to the Rotman School of Management at the University of Toronto was the school's emphasis on integrative thinking. This leadership model developed by Rotman's dean, Roger Martin, focuses on using opposing ideas to come up with a new idea that contains elements of each but is superior to both.

"At Rotman, each course builds on another," Venkatakrishaprasad said. "It means viewing a problem as a business problem, just not a strategy problem or an economics problem."

The focus on integrative thinking also drew classmate Paolo Delano from Mexico.

"It was something I had never seen before," he said. "When I compared it to other business schools, it seemed more modern. I wanted something that would give me an advantage once I was done."

Mehran Redjvani of Sydney, Australia, came to Canada so his fiancée could be closer to her family, but he figures Canada is the perfect place to start his own home health-care company.

He had never heard of the Richard Ivey School of Business at the University of Western Ontario. But the more he learned, the more he liked the idea of the one-year program and the strength of the alumni network. He has been impressed by the steady stream of alumni, many of whom are directors of big corporations, or who have started their own companies.

"At first, I wondered, 'How important is this alumni network?' but since I've been here I've met so many people. Being taught by people like this and having access to them afterwards has been completely invaluable for me."

As a recent immigrant from India, Manju Rose likes the idea of being able to tap into Ivey's alumni network. "Being new to the country, that was selfishly one of the things I was looking for," she said. "Getting an MBA from a good school is one way of tapping into a huge resource. It would take many years in a country to make all the contacts that a year at Ivey could get you."

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Industry focuses on future

JON TATTRIE
for Metro Canada

March is National Engineering Month and the theme this year is Designing the Future. The head of Engineers Canada says the focus on kids aged eight to 14 is to show them how diverse and fun engineering can be.

"National Engineering Month shows students how, through engineering, they can make a difference and help to shape the world in which we live," said CEO Chantal Guay. "By effectively introducing the nation's youth to engineering, we are both strengthening our profession and helping to sustain and enhance the skills needed for Canada to compete in a global, knowledge-based economy."

Events across the country included igloo building, artwork, essay contests and impromptu design challenges (go to New-sng.com for a full list of events). It's also highlighting the range of places engineering can take you.

Julie Payette of Montreal has taken her engineering degree into outer space. She was selected by the Canadian Space Agency in 1992 to be a technical adviser for the Mobile Servicing System, the robotic system Canada contributes to the International Space Station. She joined the Discovery mission for 10 days in space in 1996.

Katie Krause, MSc, P.Eng, has gone the other way with her studies. The PhD student is exploring the very small through nanotechnology. Reached at her lab at the University of Alberta, she explained her work on material sciences.

"It means studying different metals, glasses and organic materials and how they can be formed into tiny structures," she said. Her team develops "thin films" that could be used to cover windows to keep out harmful UV light. She's also working on a thin film that changes colour when exposed to carbon monoxide, which could be a life-saving safety device one day.

National Engineering Month is aimed at showing youth how diverse and fun engineering can be. Jobs in the field can range from structural engineering to doing research in a lab.

Young people who are creative, good at math and science, and who like to build new things are likely to thrive as engineers. After focusing on math and science in high school, students should enrol in an engineering program accredited by Canadian Council of Professional Engineers. There are more than 30 programs in Canada; go to New-sng.com and click on Education for a list.

After that, budding engineers need to register with their provincial engineers association to apply for a license. After three or four years of supervised work, they can take the exam. If they pass, they can finally add the "P. Eng." to their name.

Analytical skills essential for engineers

Name: John Camarda
Years of experience: 12
Occupation: Professor of Mechanical Engineering Technology/Researcher

Industry411
education@metronews.ca

Q How did you get started in your industry?

A My father was a tool and die maker/mechanical designer. I followed in his footsteps and had the opportunity to apprentice with him.

Q Describe some of the ideal qualities a person should have to succeed in your industry?

A Tool makers and engineers will experience an incredible diversity of design challenges during their careers. Someone who is highly adaptive and resourceful will thrive in this environment.

Q What do you like most about your job?

A The diversity of work. I have had the opportunity to work on various projects in automotive, health care, personal electronics and infrastructure development, in Canada and overseas. My current research deals with implant design for orthopedic surgery. There is a lot more to mechanical engineering than the automotive industry.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Strong problem-solving and analytical skills are essential. Most companies are looking for applicants who have completed either a three-year college diploma in mechanical engineering technology, or a university degree in mechanical engineering.

Q For newcomers to the industry, what tips would you offer them?

A Our students at George Brown College are encouraged to participate within a number of extra curricular associations.

Some of our students attend the Society of Manufacturing Engineer's local Chapter 26 monthly seminar and company tour series.

It is a great chance for them to network with professionals in the industry and make future job contacts.

There are a number of professional organizations out there that offer reduced membership rates for current students and recent grads.

Q What are the challenging aspects of your industry?

A One day you could be trouble-shooting problems with a hydraulic system, and the next day in a plane running simulations during a flight test. It is always something different. Even if you have worked on a similar type of project before, there is always something new.

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Designers sew inspired

LEYLA EMORY
for Metro Canada

Breaking into the fashion world is like wearing stilettos: Far harder than it looks.

"The main challenge is finding new creative ideas or perspectives. A lot of them have been taken," says Elyse Stewart, one of Canada's top "Under 25" designers competing in the LG Denim DIY contest for a $5,000 fashion endowment and the opportunity to design a pair of jeans that will be sold in Sears stores across Canada.

For her first runway show, the 19-year-old Huron Heights Secondary School student definitely deserved points for originality. "It's pure denim," she says of her creation. "If you cut the jeans in half, there are four different pieces for each leg and they lace together to make different lengths. There's a full length, clam-digger, Bermuda length and short-shorts."

The only high school student in the show, Stewart

> **"It was very much like a reality television show."**
> Kat Palmer

is hoping to study fashion design at Fanshawe College or George Brown College next year. "I go to an arts school, and that's a great thing, but if I can go to a school where I'm completely surrounded by people doing what I'm doing, it would be a lot easier."

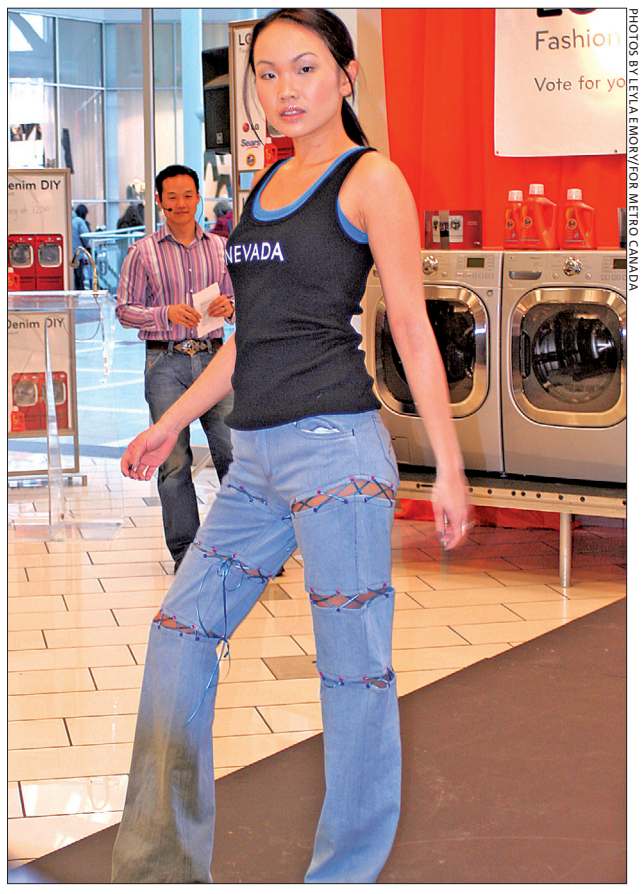
Kat Palmer agrees. The 22-year-old competitor graduated from Fanshawe College last year and credits the school for her achievements.

"I would totally recommend that program," she said. "The faculty is incredible. They worked with us a semester after the program ended. Unpaid. Just die-hard."

Thanks to her education, Palmer is a relative runway veteran compared to Stewart.

"There were judging(s) and panels," Palmer says. "There were very stressful deadlines. The program was very realistic. We had fashion shows where we'd be weaned off. We were also all in competition for L'Oréal Fashion Week."

"It was very much like a reality television show," she says. "Actually Brandon Dwyer (a competitor on the TV show Project Runway Canada) just came out of Fanshawe a year before me."



PHOTOS BY LEYLA EMORY/FOR METRO CANADA

Elyse Stewart, left, and Kat Palmer show off their designs, while a model wears Stewart's creation at the LG Denim DIY fashion show.

Beyond teaching them how to compete, colleges also offer advice on where to compete. Both girls learned of the LG Denim DIY contest through their schools: Stewart through a school she was applying to, and Palmer from the one where she graduated.

"That's what I was taking about," says Palmer. "After we graduated they're still working with us."

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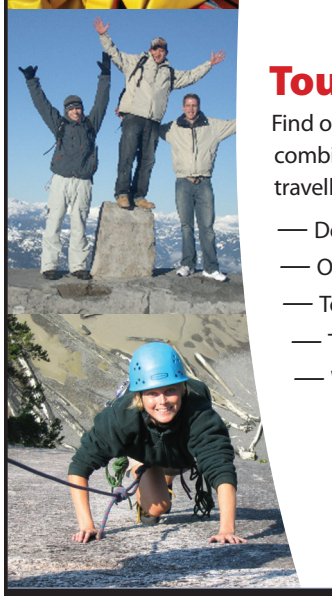

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More than a video game

First-person shooter role improves spatial skills

RAFAEL BRUSILOW
for Metro Canada

STEPHEN CHERNIN/GETTY IMAGES

Men and women who play first-person shooter video games greatly improve their spatial abilities, research shows.

Having trouble assembling your barbecue, noticing things on the road or figuring out advanced geometry?

It might be time to load up the ol' shotgun, grab all the power-ups you can handle and head into the digital world to kill some zombies.

According to research by University of Toronto psychology professor Ian Spence and psychology doctoral student Jing Feng, playing first-person shooter video games can greatly improve spatial abilities in both men and women, with women showing the greatest degree of improvement.

Their research also found both sexes' increase in spatial ability was maintained even five months after having trained with the fast-paced games, regardless of whether the participant had continued to play first-person shooter games.

> **"Play is very important for improving your brain."**
> Professor Ian Spence

Spence says traditional research has shown that while men exhibit consistently weaker language acquisition and application skills, women are consistently not as skilled at spatial tasks such as real-time navigation or distinguishing between varieties of fast-moving objects.

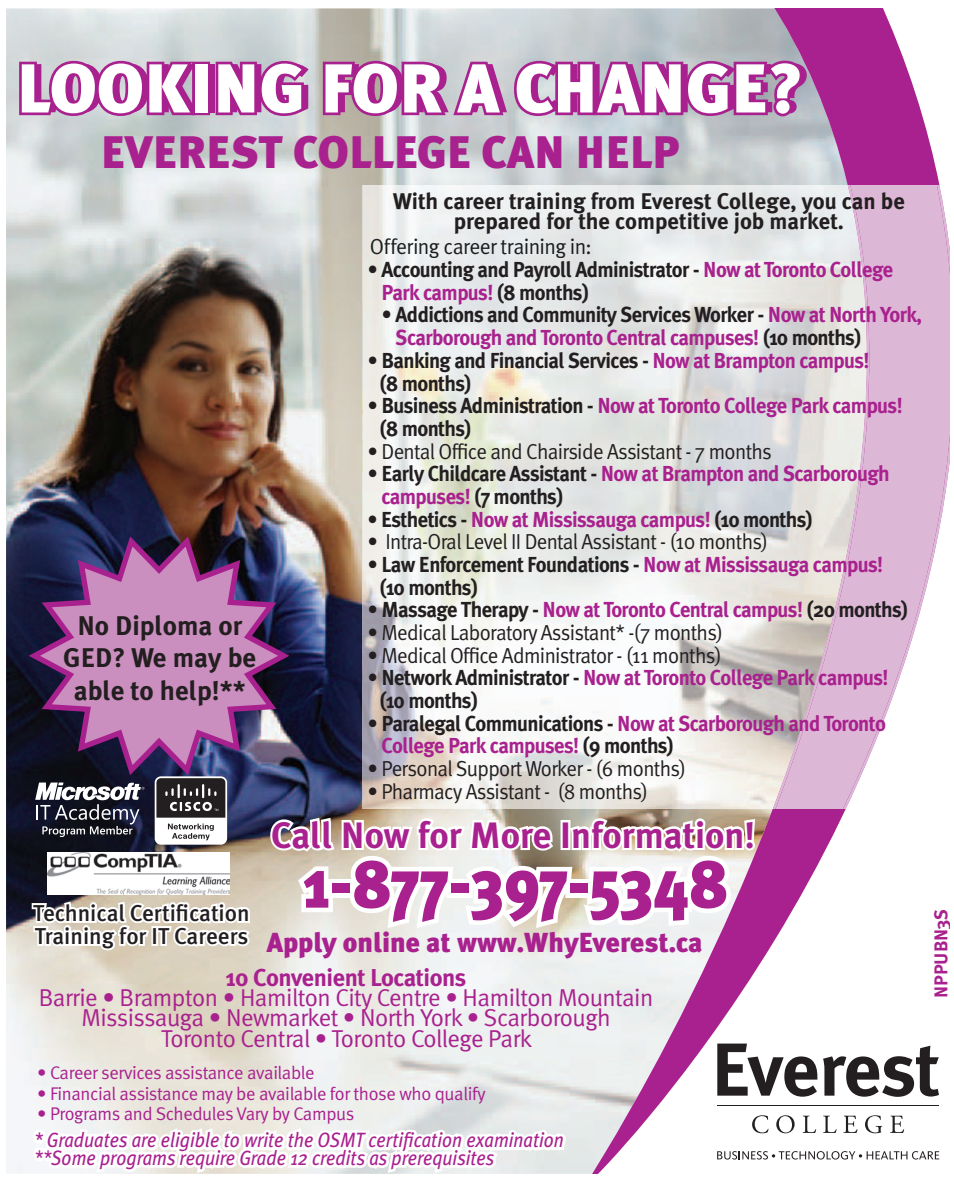
Most experts believe this spatial disadvantage has traditionally influenced women to be less likely to enjoy things like engineering, mathematics and other fields that rely heavily on spatial perception, and that the divide stems from early evolution, as male hunters developed better spatial observation skills to avoid danger and help kill their prey.

"The ability to very quickly deploy attention to a situation and pick out things that change quickly in a cluttered environment is a very primitive, low-level thinking skill that would have been important to early survival," Spence said.

First-person shooter video games force players to use their perceptive skills in a high-intensity setting where enemies and foes have to be quickly distinguished, targets have to be neutralized with speed and accuracy, and reflexes have to be used in a way that tests a player's spatial ability. The results are like a high-impact training session for your spatial skills that Spence hopes could lead to more women feeling confident enough in their spatial skills to enjoy — and pursue — science and mathematics more.

Spence also hopes his research might in some way break the stigma that certain types of games and activities aren't meant for women.

"Play is very important for improving your brain and girls should be given more opportunities for the kind of play that could emphasize spatial skills. Even the smallest difference can lead to big consequences," Spence said.



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Learn to manage your time

ERIC EMIN WOOD
for Metro Canada

If you're the type who envies colleagues that balance work, school, hobbies, a relationship and still have time for a fulfilling social life, take heart — time management is a skill that can be learned, says Barry Moores, instructor of Centennial College's new time management workshop.

"All of us — everyone, without exception — would like to have more time," he says. "This workshop gives people the opportunity to see what planning and long-term vision can do for them."

The workshop "basically goes through a lot of the principles of managing time effectively," says Moores. "It's not just about managing time, but also making effective use of time, understanding various methods for setting priorities, and being able to do work more effectively — it's all part of the same overall process."

Lessons are structured around "learning points," such as strategic planning. Students begin by dividing goals into short-, middle-, and long-term. "We'll ask them to list five short-term goals and objectives they would like to reach and how they would go about doing that," Moores says. "Planning is key."

Attitude is also emphasized. "Whether it's losing weight or planning our time more effectively, if you approach it with the right attitude, you will have more of an opportunity to be successful at what you're doing," Moores says.

There is also a significant stress management component. "If you are more proactive and less reactive then you will have more control, and when you have more control you have less stress," Moores says. "It's not specifically a stress management course, but if you're following the process you will be lowering your stress."

Feedback has been positive. "Like any good training it's interactive," says Moores. "It certainly isn't sitting there and being lectured — that's a very low-retention way for any training to take place."

The next time management workshop runs on March 21 at Centennial College.

York prof eyes arts

EVA LAM
for Metro Canada

Putting the spotlight on modern drama is a quest that has taken Christopher Innes to every corner of the world.

In the past two years, the York University professor has participated in a seminar on drama and religion in Tehran, spoken about taboo theatre in Copenhagen and led an international conference on Carnival right here in Toronto during last summer's Caribana Festival.

"It's the intersections between theatre and society that really interest me," says Innes, who has also lectured in Japan, India and Germany.

"Since the time of the ancient Greeks in Athens, theatre has been a major forum for discussing public issues and for influencing society. It still is today."

Innes has the chance to explore that subject in greater depth following the federal government's recent renewal of four Canada Research Chairs (CRC) held by York. Innes, who was first appointed as the CRC in Performance and Culture in 2002, will receive $1.4 million over the next seven years to continue his research.

Stan Shapson, vice-president research & innovation at York, says the CRC program allows universities to attract and retain top researchers in a spectrum of important areas — including the arts.

"We need to know more about how the arts play a role in society," says Shapson. "Especially in the GTA, which is so diverse, linguistically, culturally and racially, it's a very effective means to get people to learn about one's past history, learn about different cultures and in a sense how to better interact."

Innes' research, which has spawned 14 books and more than 100 articles, runs the gamut from street performance to contemporary Broadway and West End theatre. One major aim of his work is to put Canadian theatre on the international map. "I don't want to be too cynical, but it is true that Canadian artists get a great deal less attention than European or British or American artists. ... It's just part of the scene," he says.

To that end, Innes is working on another book, this one about the prolific Canadian composer and director Murray Schafer. Schafer's unconventional operatic works, based on themes of religion and resurrection, have been performed everywhere from a city square in Calgary to the Ontario wilderness. As Innes puts it, "he ties himself into the Canadian landscape much as the Group of Seven painters did."

Ultimately, Innes hopes his research will encourage greater funding and interest in the arts, which he says continue to be powerful educational and political tools.

"It has now morphed, of course, into film and television as well as theatre," says Innes. "But live performance, particularly street performance like Caribana, still influences us in the sense of asserting pride, in the sense of addressing power, in the sense of celebrating culture."

AARON HARRIS/THE CANADIAN PRESS

A professor from York University led an international conference on Carnival during last summer's Caribana Festival in Toronto.

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Studying abroad can be alluring

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

Many students dream of completing their education internationally. The lure to study in a foreign country can be captivating and exciting.

Kruti Dalvi knows firsthand what it's like to study abroad. Currently an international student in her second semester in creative advertising at Seneca, Dalvi sheds some light on what potential students need to know before going to an international school.

Having completed a Diploma in Applied Arts in her home country, Dalvi describes the differences between Mumbai and Toronto.

"There were some big adjustments when I decided to study in Canada," said Dalvi. "For instance, the academic terminology is different. In India, we call courses what Canadians call programs. And in Canada, what are referred to as courses are called subjects in India."

"There were some big adjustments when I decided to study in Canada."
Kruti Dalvi

Simple terminology, course workload and even cultural adjustments require time to get accustomed to.

When making the decision to study abroad, students need to consider many factors, including the quality of education and not just the country of choice. Dalvi advises students to focus on the school and program, and not to get caught up in the appeal of specific destinations.

"I considered many schools before deciding to come to Seneca; schools in Australia, New Zealand, England and the U.S.," she said. "But I was drawn specifically to Seneca as the program aligned well with my future career goals. The curriculum is specific, perfectly structured and focuses on training graduates for a job in the field."

Going abroad has been an exciting and valuable experience for Dalvi. She has adjusted well and feels confident in her decision to come to Seneca.

"The faculty and staff are so professional and truly care about the success of their students," she said. "I don't know why Toronto students who want a career in advertising would go anywhere else."

Although Dalvi enjoyed experiencing snow for the first time and survived the harsh cold of a Canadian winter, she is now looking forward to the spring and continuing her academics, and eventually a Canadian internship.

Dalvi's final piece of advice: "Students go abroad to better themselves, professionally and personally. Committing to an international education is a big decision that has to be based on what is right for your future and career aspirations."

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Sex, relationships, and writing all day

Matters of the Heart

NOELLE MUNARETTO
for Metro Canada

Josey Vogels is one of the country's most famous sex and relationship writers, but don't expect her to be a leather-clad vixen doling out saucy advice whenever possible. Instead expect her to give off a down-to-earth vibe, more reminiscent of a close friend with whom you would share dinner and drinks.

"People have some sort of notion that I'll show up in latex brandishing a whip, but I'm very vanilla and very much a small town girl," says Vogels, laughing.

As she sips a coffee, Vogels reflects on a career that has taken her off the family dairy farm in Newtonville , Ont., and into the bedrooms of Canadians.

Vogels, the youngest of eight children, always knew that farm life wasn't for her. When she finished high school, she moved to Toronto to work in community radio. Vogels then applied to the journalism program at Concordia University and began to hone her writing skills both in-class and at the school paper. After graduating, she was recruited by Hour magazine as an arts editor. It was there that she initially pitched her sex and relationship column, My Messy Bedroom.

"I was feeling like sex wasn't really getting talked about. There really wasn't a healthy positive debate within the community," says Vogels. "It didn't reflect the lives of my friends."

PHOTO SUBMITTED

Josey Vogels authors two nationally syndicated columns, including Metro's The J Spot.

"I was feeling like sex wasn't really getting talked about."
Relationship columnist
Josey Vogels

Although the then all-male team of editors thought Vogels would run out of material in six weeks, she cultivated her beat by scoping out unique stories.

"I didn't want to come across as clinical, I wanted to be your girlfriend," she says. "People got a kick out of that."

The success of My Messy Bedroom launched Vogels into the columnist spotlight and in 2007 she left Hour to pursue freelancing. Today, along with My Messy Bedroom, she has two other nationally syndicated columns — Dating Girl and Metro's The J Spot (see p. 35). Vogels is also an accomplished author, having published five books with a sixth on the way. She credits her success to a writing style that is both frank and fun.

"My whole thing is that I always want to make it feel like an intimate conversation," says Vogels. "We're so uptight about sex. Sex is funny and we don't have to take it so seriously. The sky is not going to fall."

Vogels is also quick to point out that she treats sex and relationships equally in her writing.

"Talking about sexuality without the context of the relationships is kind of like the apple pie without the ice cream," she says. "Relationships touch all of our lives and trying to understand and negotiate them is one of our biggest challenges as human beings."

However, aside from drama of relationships, Vogels admits there are cool perks that come with the job too.

"On a practical level, how can you not love getting up in the morning and thinking about love and sex all day?" she adds.

"I have an interesting bookshelf and a lot of sex toys. It blows my mind that I get to make a living out of this."

For more Matters of the Heart exclusive series check Workology frequently or stop by:
metronews.ca/work

Lecture nominee links corporations to developing world

Lecture series

BRIAN TOWIE
Metro Canada

SOCIOLOGY The developing world, brought to you by the corporation: It's a scene Anton Lawrence Allahar believes we may soon see.

The sociology professor at the University of Western Ontario delivered his lecture Why Is The Whole World Not Developed last Sunday on TVOntario's Big Ideas as part of that programs ongoing Ontario's Best Lecturer series.

"What these companies are also doing is introducing a set of modern values that didn't exist in their traditional cultures."
Anton Lawrence Allahar

"It is an amazing honour to represent my school," Allahar laughs. "I was tickled pink when I first heard it. It is however, very daunting. My shoulders aren't broad enough to carry that sort of responsibility, but my anxiety is curbed by the format in which the lectures are being presented."

Allahar is passionate about the subject, and has a few theories on why, in an industrial and technologically advanced world, many countries are still catching up. History and climate may play a factor: Warmer countries with accessible resources have not had to struggle to survive in the same way as populations living in colder climates — resulting in more advancement through a greater effort.

In modern times, Allahar argues that the advancement of the developing world will be dependent on the corporate sector, which largely controls resources in those nations and provides jobs for the people living there.

"What these companies are also doing is introducing a set of modern values that didn't exist in their traditional cultures," Allahar adds.

"We live in a society where individualism and self-efficacy is valued. Determining the self is linked with an entrepreneurial spirit and material wealth. You see this in the products that we buy: iPods, iPhones, etc. That's modern culture."

While it does lead to advancements, Allaher notes there's a moral price to pay.

The impact of a consumer society on altruistic or humanist values can certainly be felt.

"We do have to examine our moral compass, these questions of business ethics and morality," he said.

"Most are loyal to their money. So, if putting people out of work maximizes an investor's profit, chances are people will be put out of work."

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Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

First comes love, then comes...?

Psychic knows where to find companionship

Matters of the Heart

BRAIN COULTON
for Metro Canada

The hopeful romantic awaits a morning-after call that never comes.

Chums muddle friendship whilst endeavouring to become "more than friends." Cheated hearts, love will tear us apart. In this post-Valentine's month when Hallmark cards and Hershey's Kisses don't coax us topically into affection, reality sets in and reminds of The Everly Brothers' pragmatic proclamation: Love hurts.

But for realists ready to dodge the agony associated with finding and maintaining a healthy relationship, there may be a fast track off the love rollercoaster.

Her name is Jessica Ann, a Toronto psychic who has been answering the love queries of the curious through palm, tarot card and crystal ball readings for more than 15 years.

"When a person wants to find true love, I am able to tell them when, where and how. It's very easy for me to do that," she says. "When a relationship is going bad, I can sense the loss of communication or the distance between them. I can see whether they're going to be able to mend that situation, or if they're separated, I can tell them when they're going to get back together."

"When a person wants to find true love, I am able to tell them when, where and how."
Jessica Ann

Ann's gift came to her as a child when feeling different emotions and vibrations from people and her surroundings helped her to realize she was born an "indigo child." The term refers to people with hypersensitive tendencies toward others' thoughts and feelings, strengthened through meditation. Says Ann, "Basically, if something is going on in the world, I'm feeling it."

If you want to know the answers to relationship questions, you might consider talking to a psychic.

Feeling how others' love lives will take shape not only garners foresight of positive relationships, but negative ones too, according to Ann, which she says is her job's greatest struggle.

"It is hard, but I'm a very honest woman and I don't sugarcoat anything for my clients. I never do. Before the reading even starts, I do tell them that I am honest and ask them as well if it's OK to say whatever I see, good or bad."

Ann believes it's important for individuals to experience readings, despite whether they foresee favourable outcomes, so they may steer clear of fruitless romance.

"Sometimes you meet someone and you like that person and your emotions get mixed up and you feel different things … What I do is tell them what's right and what's wrong and if that person is even worth putting in all of your emotions."

But while it may sound like a blind form of matchmaking, Ann laughs off comparisons to a dating service.

"Dating services and all those types of things are very complicated and it just puts you through more of a hard time and you get more confused," she says. "I'm not a dating service whatsoever. I just tell you what's going to happen."

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A call to (sexy) arms

Trainer shares his Top 3 'tank top' exercise routines

CELIA MILNE
for Metro Canada

Spring's only a couple of weeks away so now's the time to get started on these tips for tank top-worthy pipes in just two weeks.

Bye bye parka. Hello skimpy, sexy sleeveless shirts. As summer approaches, here are some key exercises to strengthen and sculpt your upper body and get your arms tank-top ready.

According to Marci Lall, a certified personal trainer in Toronto, doing these exercises for just two weeks will make a difference in your arms.

Added bonus: Regular strength training helps keep your bones strong, control your weight, reduce your risk of injury, boost your stamina, sleep better and feel happier.

Here are Lall's top three exercises to get you "tank-top" ready in two weeks:

1. Bicep Curl + Shoulder Press

- Stand with your back straight, knees bent and head facing forward.
- Perform a biceps curl with weights (start with about 7 lb and work up to 10-12 lbs) as you would normally. At the top of the curl, turn your hands so your palms face forward.
- Flare your elbows out so you are in a shoulder press position.
- Push the weights upward, making sure they do not touch in the middle.
- Lower your arms slowly and perform the reverse motion to get back to your starting position.
- Breathe out every time you lift the weights.

One bicep curl and one shoulder press equals one rep.

2. One-Legged Dips

- Position yourself in front of a bench, facing away from it. Place your palms on top of the bench with your fingers over the edge, pointing down to the ground.
- Bend your legs and place one leg over the other knee.
- Bend your elbows and lower your butt toward the ground. Push your body up so your elbows are almost locked.
- Repeat using other leg.

3. Elevated Push-Ups

- Like a push-up, hold your body up with your palms and the balls of your feet. Have your hands directly under your shoulders and keep your back straight.
- Place your feet on an elevated platform. Start off small (like a telephone book, stair, stepper) and work your way up to higher objects (like a bench, chair).
- Keeping your back straight and hips level, bend your elbows to whatever level you're comfortable with and lower your body down to the ground.
- Breathe out as you push yourself back up.

Exercise instructions

- Repeat each exercise 12-15 times, working towards doing each for one minute, recommends Marci Lall, a certified personal trainer.
- You should aim for at least three to four workouts a week for maximum results in minimum time. "If you're consistent with it and bump up your intensity on a weekly basis you will see results in two to four weeks," he says.

CELIA MILNE/ FOR METRO CANADA

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Dealing with recession stress

Catch signs early and seek out social support, exercise, say experts

DENISE SURETTE
for Metro Canada

Recession stress is affecting everybody. Whether you're a business owner, a student with a part-time job or unemployed — money is on everyone's mind.

There isn't much we can do about the recession, but we can change the way it affects us.

"During recessions, people recognize they're having difficulty with sleep and appetite," says Dr. Eilenna Denisoff, team leader for the work stress and health program for the Centre of Addictions and Mental Health in Toronto. The centre is the leading Canadian research hospitals for mental health.

Losing your job is one of life's most serious stress factors, along with divorce, death of a loved one and relocating your family. Making sure you stay mentally healthy during tough times is important to stay on top of your game.

Denisoff says to look for a few key indicators of stress in your self, or loved ones, to identify if they're suffering from more stress than usual. Chest pain, using alcohol or drugs, difficulty sleeping or eating, rapid heartbeat and irritability — all are early symptoms of stress.

Riding the Recession

Catching early signs of stress is important to save yourself from more serious problems down the road, such as anxiety and depression.

"Don't wait until it's too late, when work, sleep and relationships are suffering," says Denisoff.

So how do you deal with recession stress?

"Seek out social support, connect with friends, talk with friends and family that make you feel better, not worse," say Denisoff.

Exercise is also great destressor, says Denisoff. Besides the mood-elevating endorphins, exercise can be a great way to take your mind off your worries and improve your health and self-esteem.

If you or your partner are feeling the effects of work stress, support each other with small acts of kindness.

"Acknowledge it's a stressful time in a gentle way," says Denisoff. "Offer to help prepare a meal or suggest a walk together, rent a funny movie or go out with friends."

If stress becomes deeper or more intense, professional help from a psychologist or counsellor is an option to vent and receive advice on coping with life's rough patches.

Small steps can help lessen the load. Even if you can't change the economic climate, you can change your attitude.

ISTOCK PHOTO

Chest pain, difficulty sleeping or eating and irritability are all symptoms of stress. Detecting these signs early is important.

De-stress tips

Five inexpensive ways to destress:
- Go for a brisk walk
- Rediscover your local library
- Take a guilt-free power nap
- Play with your dog or cat
- Start a journal

(Tips courtesy of helpguide.org)

DENISE SURETTE/ FOR METRO CANADA

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FEMININE HYGIENE Are you the type of fashionista that is always onto the latest accessory? If so, perhaps the new tampon purse pack is for you.

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Do you stay or go?

The J Spot

I don't understand why everyone got so mad at Jason. Okay, so maybe The Bachelor shouldn't have proposed to Melissa on national television when he was clearly conflicted and had unresolved feelings for Molly.

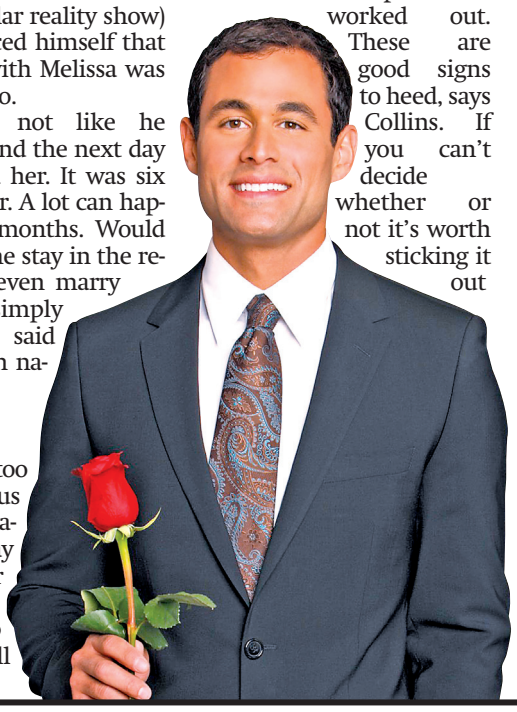
But give the guy a break. He got caught up in the moment (along with the small handful of 17 million viewers who watched the finale of the popular reality show) and convinced himself that a lifetime with Melissa was the way to go.

And it's not like he turned around the next day and ditched her. It was six months later. A lot can happen in six months. Would you rather he stay in the relationship, even marry Melissa, simply because he said he would on national TV?

Because, goodness knows, far too many of us stay in relationships way beyond their due date. We come up with all kinds of excuses to hang on: He's not so bad … It's better than being alone … What if I don't meet someone else? … I don't want to hurt her feelings … Maybe I need to try harder…

Relationship coach Susie Collins runs several relationship advice websites with her husband Otto, among them stayorgo.com. She says Jason did the right thing by listening to his heart and not trying to make a relationship work that was doomed to fail — especially when his heart was saying, "Be with Molly."

Jason said there were warning signs telling him Melissa had similar characteristics to women he'd been with before — and those relationships hadn't worked out. These are good signs to heed, says Collins. If you can't decide whether or not it's worth sticking it out with someone when you're having doubts, ask yourself if your partner is similar to those in past relationships that haven't worked out. In other words, are you making the same mistakes over and over again — only with different people?



And because there is some truth to that old adage: It's not you, it's me, Collins suggests you ask yourself some tough personal questions before dragging someone else along for a ride to nowhere, such as: Why are you in the relationship at all? What are you afraid of if you stay? If you go?

"If you don't invest some quality time now in taking an honest and truthful look at the state of your relationship, you could stay stuck in this place of indecision for a very long time," says Collins. "It's amazing how many of us are content to stay stuck in limbo about their relationship."

Especially given most of us don't even have the threat of being humiliated and scorned on national TV to stop us from doing something about it.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Bachelor star Jason Mesnick is getting a bad rap for dumping fiancée Melissa, but would you rather he marry her despite his reservation, asks our columnist.

Why Louise was lucky it was just her life savings she lost.

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Fit for summer

Start with a moderate and efficient plan

JANINE FALCON
for Metro Canada

No one has to tell you that hibernating all winter hasn't done your swimsuit bod any favours.

But if you think getting into warm-weather shape means you have a hellish time ahead of you, think again. Although shows like The Biggest Loser make it seem otherwise, a successful fitness lifestyle is about moderation and efficiency.

"You don't have to make big changes to see big differences," says award-winning fitness expert Maureen Hagan, author of GoodLife Fitness: 6 Weeks to a New Body (Penguin Books). "Start slowly if you're just starting out," she advises. "If you deprive yourself and overdo the exercising, you'll give up before you start to see results." A moderate plan is easier to stick to, and consistency is the secret, she says.

If you already have a routine but aren't seeing changes, you do need to step it up — but perhaps not by much. "For example, the average gym-going person goes twice per week," says Hagan, who is also the director of education for Can-Fit-Pro. "Adding just one more 30-minute workout per week will significantly improve results."

Instead of changing your entire life, think short-term goals for long-term success. "Looking too far ahead is discouraging, and besides, we're programmed to want fast results," Hagan explains. "Six weeks is about all we can handle before we need to change things up either by starting over or finding a new and exciting activity." And by that time, you'll want to stay active.

Aim for shorter, more frequent workouts. For most of us, an hour at the gym three times a week is tough to fit in. Hagan advocates a half-hour workout six times per week; finding 30 minutes in a day is easier than finding 60. And if a 30-minute block is tricky, as it can be for new moms, "Break it into 10-minute segments over the course of your day," says Hagan, whose program is designed for exactly that kind of flexibility.

Combine cardio with resistance training to kick up the efficiency factor. A half-hour of cardio alone burns calories for 40 minutes post workout, whereas a 10-minute weight-training session can keep the metabolism fires burning for up to 48 hours. The daily combo results in consistently high fat-busting action.

Fitness efficiency translates into other areas too. "Regular workouts actually add hours of productivity," says Hagan. "You make faster decisions, need less sleep, and sleep better when you do. It's like getting an extra day in your week."

"Regular workouts actually add hours of productivity... You make faster decisions, need less sleep, and sleep better."
Maureen Hagan, fitness expert/author

Maureen Hagan, left, one of Canada's leading fitness experts and author, demonstrates a one-legged squat. A 10-minute weight training session can keep the metabolism fired up for up to 48 hours.

Top: Bootcamp for Butts, $165, and Boot Camp for Boobs, $105, (three tubes).

Boot camp for boobs

CELIA MILNE
for Metro Canada

PRODUCTS Forget surgery, go for the boob job in a box. With a fun new product called Boot Camp for Boobs, you can "perk up your profile" in 30 days.

Made by U.K. company Mama Mio (Skincare for Supermamas), Boot Camp for Boobs contains a 100 ml bottle of tummy toner, a 100 ml "boob tube" of firming bust cream, and a three-minute exercise program by celebrity trainer Efua Baker — targeting the pectoral muscles as well as biceps and triceps.

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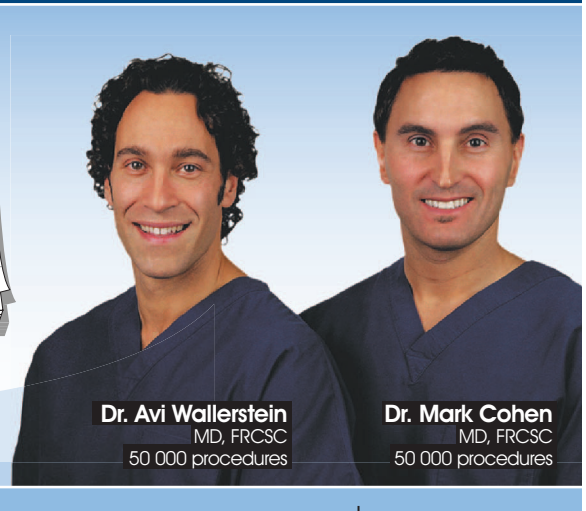

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Anderson has runway malfunction

Pamela Anderson accidentally flashed her breasts while walking for Vivienne Westwood in Paris. The actress and model suffered a wardrobe malfunction on the runway, as her black dress slipped down to reveal her nipple to a shocked audience, reports the Daily Mail. FEMALEFIRST.CO.UK

Entertainment

New neighbour

The CW has reportedly signed a deal for Ashlee Simpson-Wentz to move into Melrose Place. She plans to return to TV as a small-town girl who arrives in Los Angeles with a big secret. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The business of music

More than 500 acts hit the stage at Canadian Music Week

IAN NATHANSON
for Metro Canada

Among the hundreds of bands, solo artists and such who congregate at Canadian Music Week festivities each year, all share one common premise:

Getting noticed — by the right people, in the right place, at the right opportune moment.

And if attempts to stand out in a crowd of some 500 Canadian, U.S. and international artists sound too daunting a task, CBC Radio 3 personality Grant Lawrence suggests a much simpler approach to the four-day music festival, which runs tomorrow through to Saturday: The networking opportunities are just too good to pass up.

"Instead of just having artists constantly touring, which can get to be very expensive, CMW brings the industry all together in one city as a one-stop shop of panel discussions, live showcases and meetings with the music industry folk," says the Vancouver-based Lawrence, whose satellite radio programs and podcasts for CBC Radio 3 offer one of the few strong mediums in Canada to promote independent talent.

You could be any one of West Coasters Vancougar, East Coasters Hey Rosetta! or already famous names — Sloan, Burton Cummings or Anvil — showcasing, curiously witnessing unfamiliar acts, schmoozing with record label execs or taking part in panel discussions with radio industry folk. If lucky enough, they can all sit in to hear legendary Kiss bassist Gene Simmons deliver a keynote speech.

Lawrence also points out that CMW can often be utilized as a stepping stone to appearing at other prestigious music festivals such as South By Southwest (SXSW) in Austin, Texas or New York City's CMJ Music Marathon.

"It can only have a positive effect for those participating, so it's practically a necessity to be there," Lawrence says.

From the perspective of the acts taking part, fresh-faced talent should make the most of the networking aspects CMW offers, according to broadcaster, researcher and former Canadian bureau chief of Billboard magazine Larry LeBlanc.

"You need to target a booking agent and a manager with two or three artists — particular one that has something already happening with them, and try to find acts that stylistically complement with what you do and suggest a co-venture," LeBlanc says.

For the music fan, the plethora of talent appearing at CMW would go against the grain of reported suggestions that the music industry is on its death knell. In this Internet-friendly era, the added power of online promotion — whether aided by Lawrence's shows, worldwide exposure via YouTube and MySpace or mere chats between friends — assures the likes of Edmonton's quirky pop-rockers Hot Panda establish as loyal a fan base as Montreal trip-rock duo Beast.

"A lot of people out there would be quick to say that the music today is worse now than it was years ago. I have a problem with that belief," LeBlanc says. "If you look hard enough, there's a ton of great music being made."

Canadian Music Week

Local acts to watch

- Human Highway
- Melissa McClelland
- The Schomberg Fair
- Spiral Beach
- Serena Ryder
- Crystal Castles

CBC Radio 3 host Grant Lawrence, below left, says CMW can be a stepping stone to other prestigious music festivals. Local artists performing include Human Highway, above, and Crystal Castles, below right. For details on showtimes, visit cmw.net.

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U2 plays Rogers Centre Sept. 16
Irish super group U2 announced details of the band's world tour yesterday. The schedule includes a date at the Rogers Centre on Sept. 16. No details on tickets have been released. METRO NEWS SERVICES

T.O. main character in thriller

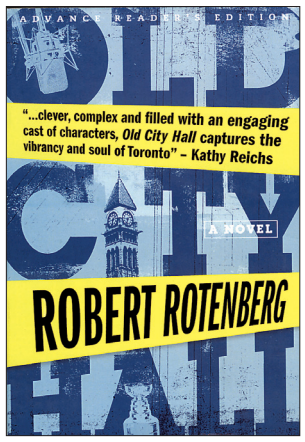
Old City **Hall**

Author: Robert Rotenberg
Publisher: Touchstone
Price: Hardcover, $29.99

The first novel by lawyer-turned-author Robert Rotenberg is a crime thriller with its wingtips planted firmly on Toronto's meanish streets. For many readers, of the local variety especially, this will be the most pleasing aspect of Old City Hall.

As police, reporters and various representatives of the local legal community scramble around the periphery of the murder of a popular radio host's young wife, Toronto flashes by with captivating vividness: Streetcars rumble along College St., traffic chokes the terminally congested DVP, sinister confabs unfold at the Vespa Lunch and late-night hockey games crack and slap in the chilly air at Nathan Phillips Square.

Rotenberg, a former magazine editor who opened his own criminal law practice 18 years ago, obviously knows and respects the city enough to cast it as a primary character in



Old City Hall. He demonstrates the ambivalence that seems to come so naturally to people who love Toronto enough to be irritated by it.

It's a waterfront city that seems bafflingly embarrassed by the fact, a "multicultural" entity still largely run by powerful white guys and, particularly in places where condos rise supreme, a veritable vomitorium of architectural whimsy.

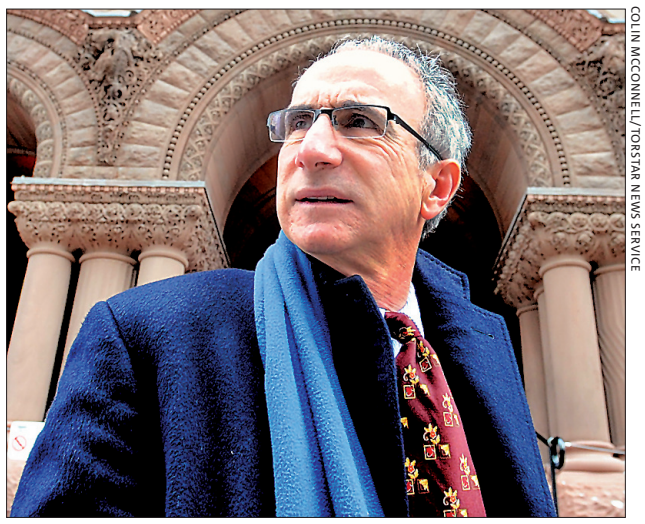
It's also changing, constantly. Toronto is one of the most malleable urban centres in North America, capable of assuming more identities than a fugitive felon.

Twenty-first century Toronto is a complicated place, rife with the kind of paradox and contradiction that lends a city depth and complexity.

Old City Hall is all the more frustrating, then, because Rotenberg's city has so much more of that quality than the characters he has created to inhabit it. There are determined, just-the-facts-ma'am cops, driven lawyers, likeably comic ethnic standbys and fearsomely by-the-book judges. It's a cast one might find in any pedestrian legal thriller, local specifics notwithstanding.

Then there's the plot those characters inhabit. Even the apparent murder around which the proceedings churn seems oddly inconsequential and quaint, a weirdly nostalgic incident designed to rattle the smug stability of the good city this once was.

TORSTAR NEWS SERVICE


COLIN MCCONNELL/TORSTAR NEWS SERVICE
Lawyer-turned-author Robert Rotenberg has penned a thriller, Old City Hall, rooted in the mean streets of the Big Smoke.

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Doc tells forgotten tale of Canada's Pugwash

JON TATTRIE
for Metro Canada

Pugwash, a tiny village in northern Nova Scotia, has the curious distinction of being famous around the world and obscure in its own country.

The documentary Strangest Dream explores the unlikely story linking Pugwash to Nobel laureate Joseph Rotblat, the only scientist to walk away from the Manhattan Project before the atomic bomb was dropped.

It is currently being screened across Canada before being shown at the European Parliament in Brussels and at the UN in New York later this spring.

"We realized the best way to tell the Pugwash story was through Rotblat. He had lived through so much tragedy, but he was able to turn things around and use his scientific knowledge to help humanity," explains Halifax filmmaker Eric Bednarski.

Rotblat joined the top-secret project to help the Allies beat the Nazis to the bomb, but became disillusioned.

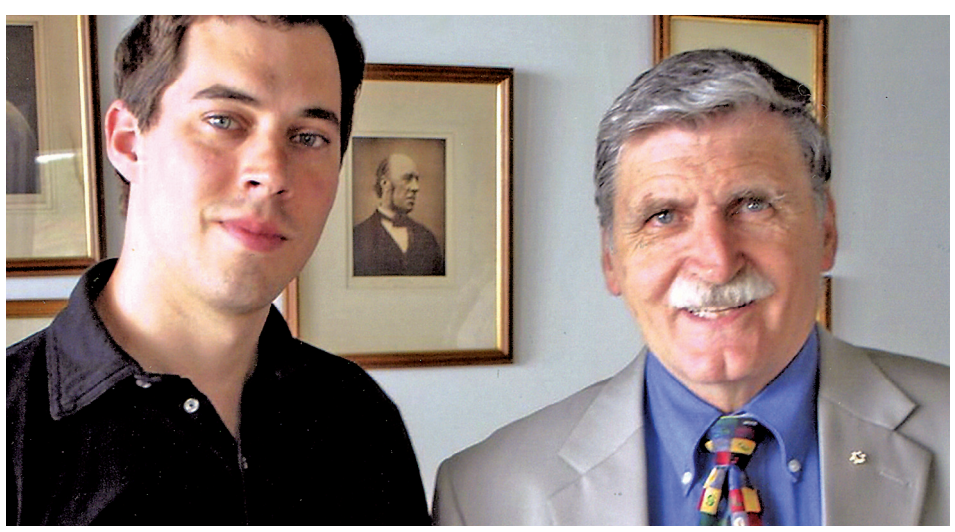
"He had a real problem with what he was doing. He could foresee an arms race with the Soviet Union and he knew that the bomb would be dropped on the Japanese," Bednarski says.

Rotblat became a major advocate of nuclear disarmament. He gathered the world's leading scientists and public figures to assess the dangers of the weapons in 1957. Various locations were considered before he accepted Cyrus Eaton's offer. The Canadian industrialist agreed to foot the bill if they held the meeting in his hometown: Pugwash.

Bednarski and his National Film Board team shot in New Mexico, Cairo, Hiroshima, London, Warsaw and, of course, Pugwash.

Rotblat died shortly before he was to have met Bednarski. "That was obviously a huge challenge — how to make a film with the protagonist not being alive," Bednarski says. He used existing interviews and spoke to those who knew Rotblat well.

"Everyone agreed that he was charming, dedicated and a gentlemen, and that he could be very stubborn. The thing I got was the energy he had to the very end. He was well into his 90s, but he was still flying around the world and attending conferences."


Filmmaker Eric Bednarski poses with Romeo Dallaire, a Pugwash member.

Screenings

- Wednesday, March 11 at 7 p.m., NFB Mediatheque (includes panel discussion); Tuesday, March 24 at 7 p.m., University of Toronto, Hart House. For more information, visit nfb.ca/strangest-dream

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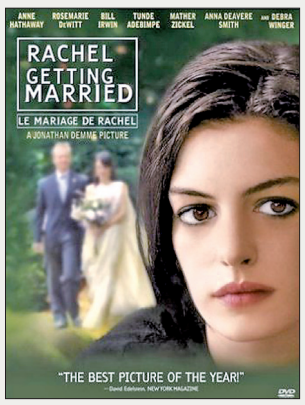
DVD picks

Rachel Getting Married

Director: Jonathan Demme



WEDDINGS MAY BE festive occasions but they're not always happy ones. Especially in the case of a Connecticut family whom director Jonathan Demme and screenwriter Jenny Lumet invite us to view like buzzards circling roadkill.

Rachel (Rosemarie DeWitt) is the bride, but there's an awkward thorn in her bouquet. It's sister Kym (Anne Hathaway), who emerges from rehab just before the big day, demanding to be maid of honour and bent on making a scene.

The more serious threat to harmony is the past tragedy that hovers over the clan. There's not a whole lot of story here, but the slowly revealed family history is like a festering wound. Hathaway's brilliant performance justfiably earned her an Oscar nomination.

Rachel Getting Married is like life: always moving, forever unpredictable and forever getting in the way of best-laid plans. Extras include two commentary tracks, deleted scenes, a case and crew interview and a backstage featurette.

Milk

Director: Gus Van Sant

TWO REMARKABLE transformations are at the heart of Gus Van Sant's affecting portrait of Harvey Milk, the slain 1970s San Francisco politician and civil rights icon.

First and foremost is Sean Penn's title performance, which recently won him his second Oscar. Here he's hope personified, easily adopting his subject's ready smile and very much resembling the first openly gay politician in California's history.

The other impressive transformation is director Van Sant. As a gay man himself, Van Sant might have been expected to elevate his subject beyond the near-sainthood status accorded him from his 1978 assassination at the hands of a deranged fellow politician.

Instead he takes the more honest and dramatically satisfying route. He astutely uses documentary footage to remind viewers of how unliberated the 1970s really were.

But he leaves Penn's magnetic empathy to speak for itself. The actor portrays Milk as a flawed and self-interested man for whom personal epiphany came slowly, but who experienced a history-altering "road to Damascus" moment when it did. Extras include deleted scenes, plus three featurettes that further illuminate Milk's life and continuing influence.

TORSTAR NEWS SERVICE

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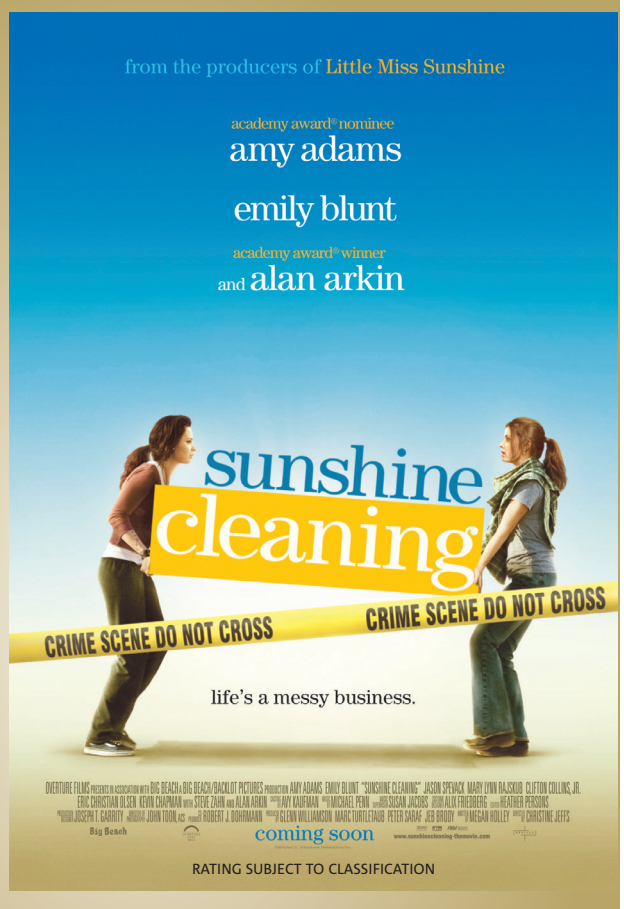

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Mad Max minus Mel

Mel Gibson won't star in the new Mad Max movie. Writer and director George Miller doesn't want the controversial Australian actor involved in the fourth film, which he says will be an R-rated 3-D anime feature. METRO NEWS SERVICES

The French connection

Language barrier no obstacle for Quebec rock act Malajube

BRYAN BORZYKOWSKI
for Metro Canada

Canadian **Music Week**

Being a Canadian band is tough — long road trips, cold winters and immense competition can derail the most focused act, but throw in non-English vocals and the odds of making it are nearly impossible.

But, francophone five-piece Malajube have defied the odds — their all-French debut Trompe L'oeil was nominated for three Junos in 2007, a Polaris Prize and they've toured extensively throughout the U.S., something most Québécois acts only dream of.

"We had no hopes," says drummer Francis Mineau, on the phone from Montreal. "We thought we'd maybe sell at least the first run of copies and tour in Quebec a bit. The success was overwhelming."

Now that the entire country is into the frenetic rock band, the group have to deal with the pressure that comes with following up a successful record. Luckily, their new effort, Labyrinthes, delivers another dose of high energy tunes, albeit with a few instrumental jams thrown in the mix.

"Some people think if we sang in English we'd be more popular, but the French thing has served us well."
Francis Mineau

Besides the amped-up tunes, the band continue to sing in their native tongue. That has some people asking the band if, maybe, their next record will tackle the English language. No way, says Mineau.

"We're proud to sing in French," says Mineau. "Plus, it's the different language that sets us apart. It's strange, because some people think if we sang in English we'd be more popular, but the French thing has served us well."

You might think that being one of the only Francophone rock bands traversing English North America would put some added pressure on the group to represent their province. But while they're definitely enjoying the attention, they can't be responsible for helping every French act looking for anglophone attention.

"I don't feel the weight of other French bands on our shoulders," he says. "If they don't make it to the other side it's not my fault."

When it comes down to it, making it outside the francophone community has to do with one thing — good music. But it helps to be part of the much talked about Montreal music scene, which launched Arcade Fire and Wolf Parade.

"Maybe we're the band that relates the most to those groups," he explains. "I doubt if another band that sings in French in Montreal has so many anglophones at their shows."

Malajube's sophomore album, Labyrinthes, delivers another dose of high energy tunes. The Montreal band plays the El Mocambo Thursday as part of Canadian Music Week. Details at cmw.net.

Metallica gig nixed after Hetfield hurt

MUSIC Organizers say 16,000 fans of the heavy metal group Metallica had to leave the Stockholm Globe Arena without seeing their heroes perform after lead singer James Hetfield was taken to the hospital.

Spokeswoman Carolina Satterwall says Hetfield caught a stomach bug Sunday and suffered dehydration but left the hospital that evening. He has returned to the United States with the rest of the band.

The fans found out about the cancellation minutes before the concert was due to start, when the other members came onstage to deliver the news.

THE ASSOCIATED PRESS

GM ends support of Burns

General Motors Corp. is ending its 22-year support for Emmy Award-winning documentary filmmaker Ken Burns, saying the financial crisis has forced it "to rein in such spending." A figure for GM's aid to Burns isn't known. THE ASSOCIATED PRESS

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Armed woman enters Goody's hospital room

INTRUDER A spokesman for terminally ill reality-TV star Jade Goody says she is recovering from a scare after a woman entered her London hospital room carrying a hammer. Goody's spokesman says she woke from a nap Sunday and screamed for help when she saw the woman standing nearby. Police said yesterday they had arrested a 41-year-old woman. Goody has cervical cancer and has been told she could die within weeks.

THE ASSOCIATED PRESS

Newly found Shakespeare portrait unveiled

Scholars studying the life and times of William Shakespeare unveiled a portrait yesterday they believe to be the only authentic image of the Bard painted during his lifetime.

Experts at the Shakespeare Birthplace Trust believe the painting was used as the basis for the enduring engraving of Shakespeare that graces the cover of the First Folio collection of his plays.

Paul Edmondson, the group's director of learning, said it was also used as a basis for the famous portrait of the playwright that hangs in the Folger Shakespeare Library in Washington. "What makes it so important is that it's a portrait of William Shakespeare made during his lifetime," he said. "We think it was painted in 1610 and several copies of it were made early on, including the engraving. So our portrait is the primary version of one of the greatest portraits of Shakespeare."

The other images were all made after Shakespeare's death in 1616, he said, making the newly unveiled portrait unique.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

A newly found Shakespeare portrait may be the only one made during his lifetime.

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Martha Stewart's puppy dies in blast
Martha Stewart is mourning the loss of her Chow Chow, Ghenghis Khan, who died in a deadly propane explosion at a kennel in Pennsylvania on Friday. **USMAGAZINE.COM**

Stella's human touch

McCartney mixes sexy with socially conscious

Stella McCartney played with opacity and transparency in her sexy, lingerie-inspired 2010 winter ready-to-wear collection yesterday.

McCartney, a dedicated vegetarian, also continued to highlight animal-friendly alternatives to fur and leather, sending out oversized rock star coats in piles of shaggy lambs wool and stiletto boot-cum-leggings treated to look like second-skin leather.

Pop star Pink — one of a host of A-list guests that also included rapper Kanye West and McCartney's Beatle father, Paul — praised her commitment to the cause.

"She proves that you can be wildly successful and creative and still have moral values," Pink told reporters at a post-show event organized by animal rights group PETA — which has staged protests outside displays by other Paris labels, including Christian Dior and Jean Paul Gaultier.

PASCAL LE SEGRETAIN/GETTY IMAGES

Designer Stella McCartney, centre, poses backstage with models after her show during Paris Fashion Week yesterday.

Mostly, McCartney's collection hinged around delicate black lace panels that gave a provocative edge to light spaghetti strap nighty dresses and flowing ankle-length gowns.

The lace "is nice to remind you there's a human element underneath the clothes, nice to get skin," McCartney told reporters backstage. "It's a nice way of finding femininity and sensuality and delicacy, but when it's black lace, there's something a little edgy about it, as well."

At the end of the show — which was held in a glass-roofed former market in central Paris — Paul McCartney leapt to his feet to give his daughter a standing ovation. **THE ASSOCIATED PRESS**

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

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TO		Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/10/09	primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Fixer (Part 1 of 6)		Paradise Found: Islamic Art		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS "Heartland" (HDTV)		90210 "By Accident"		Project Runway Canada		News
		215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: SVU		Privileged (HDTV)		Scrubs	Scrubs	Primetime: What Would		News (N)
		212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) Top 12 finalists perform. (Live)				Law & Order: SVU		News (N)
		218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210 "Slice of Life"		News (N)
		137	763	13	TFO	Panorama		Aux limites du corps		*Capitaine Conan* ★★★ (1996, Guerre) Philippe Torreton.				Rapayan
		-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
		213	326	15	SUN	Scrubs	George Lopez	*Unforgiven* ★★★★ (1992, Western) Clint Eastwood, Gene Hackman.					The DVD Show	Becker
		-	387	16	CBS	Inside Edition	Hollywood	NCIS "Heartland" (HDTV)		The Mentalist (HDTV)		(10:01) Without a Trace		News (N)
		-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News
		219	346	20	ACH-B	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Comedy Now Jean Paul.		(10:01) Without a Trace		News (N)
		-	-	28	FOX	Judge Judy	Two/Half Men	American Idol (HDTV) Top 12 finalists perform. (Live)				Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Keeping Up	Daniel Pink: Living on the Right Side			Journey to Greatness With Noah benShea			Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	Reaper (HDTV) (N)		90210 "By Accident"		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
		298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Twelve (N)		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Saving GM: Inside the Crisis		On the Money		Mad Money
	sports	405	417	22	net	Baseball: World Classic		Sportsnet Con.	Baseball: World Classic		Sportsnet Con.	Baseball World Classic -- Teams TBA. (Live)		
		400	400	30	TSN	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 11. From the Pengrowth Saddledome in Calgary.						SportsCentre
		411	457	58	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
		417	406	81	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	family	551	542	25	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
		554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
		556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	cable variety	602	567	27	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		570	580	29	MM	Degrassi: TNG	Instant Star	Paris Hilton's British Friend		Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift
		615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
		700	800	35	TLN	UEFA Champ	Sky TG 24	UEFA Champions League Juventus vs. Chelsea.				Raymond	Raymond	George Lopez
		571	581	36	MMM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
		575	583	38	CMT	Carrie Underwood One on One		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tearjerkers
		616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	The L Word		House
		620	523	40	BVO	Canadian Guitar Quartet		Live at the Rehearsal Hall		Johnny Cash Live at Montreux 1994			Glee Club	Law & Order
		601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
		522	506	43	HIS	NCIS		Ultimate Engineering		Crime Stories		NCIS		Sea Hunters
		625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		294	529	47	TBS	House-Payne	House-Payne	*Lethal Weapon 4* ★★ (1998, Action) Mel Gibson, Danny Glover.					Seinfeld	Family Guy
		576	582	49	BET	106 & Park	*ATL* ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Lauren London.					Baldwin Hills	Baldwin Hills	Judge Hatchett
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		(10:05) Destination Truth (N)		Stargate SG-1
		581	566	52	MTV	Nitro Circus	After	MTV News	Cribs	From G's to Gents		From G's to Gents		MTV Live
		618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
		261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
		621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
		115	711	101	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
		300	601	301	M1	(6) *Still Life*	*Legacy* (2008, Comedy-Drama)			*Reign Over Me* ★★★ (2007, Drama) Adam Sandler.				*The Promotion*
		305	612	306	PIX	(7:15) *Taken* ★ (1998, Suspense) Dabney Coleman.				*Monty Python's The Meaning of Life* (1983, Comedy)				*Betrayed*

critics'corner

Wild Roses
And up from the ground come a-bubblin' crude. Oil, that is. Black gold. Texas tea. OK, Alberta tea, in this case. Will drops a bombshell on the Henrys: Yes, there is oil under Rivercross. Now the question becomes, how should they get it out? Gary Hudson and Adam MacDonald also star in the new episode "Boom and Bust." 9 PM on CBC

The Biggest Loser
After a pop challenge that adds an interesting twist to the weigh-in, the contestants compete in a relay race, with the winning team getting 24 hours of luxury. Some contestants are unable to resist temptation during the getaway, however. One contestant has it out with the trainer. Alison Sweeney is host. 8 PM on E! NBC

Without a Trace
When a federal agent's teenage son disappears, the Missing Persons Squad and new boss Clark Medina are on the case and uncover a long-held family secret with potentially deadly ramifications in "True/False." 10:01 PM on ACH-B CBS

Kylie slated for fire benefit

Kylie Minogue, who is currently filming a Bollywood movie in Mumbai, is hotly tipped to headline the Sound Relief benefit shows in Sydney and Melbourne for the victims of bushfires and floods in her native Australia this weekend. FEMALEFIRST.CO.UK

Celebrity Buzz

Kanye and Kelly go Idol

CAREER Grammy winner Kelly Clarkson will be dropping in on her TV alma mater, American Idol — and bringing a superstar friend along: Kanye West. Clarkson and West will share the stage as performers during Wednesday's elimination show, popeater.com reports.

West, making his first appearance on the Fox series, will perform Heartless from his latest album 808s & Heartbreak. Clarkson, the original Idol, will sing My Life Would Suck Without You, off her new album that drops today. METRO NEWS SERVICES

Eva serves up charity dinner

PEOPLE Eva Longoria is set to take on a new job: Waiting tables. The Desperate Housewives star will don an apron as part of a charity event to benefit the New York Rescue Workers Detox Project, helping emergency workers who were injured during 9/11, according to Hollyscoop.

As a prize in the charity auction, Longoria will cater a meal for 12, which will be donated by her restaurant, Beso. Bidding for the fancy dinner shot up to $37,500 after her name was attached. METRO NEWS SERVICES

Amy's comeback derailed

CAREER Amy Winehouse has hit a hurdle in her hopes for a musical comeback, people.com reports.

The troubled singer, 25, has been forced to cancel her appearance next month at California's Coachella Music Festival because of the charges she faces in London over an an alleged assault last September.

Denying that she has actually been denied access to the U.S., her rep Chris Goodman does confirm to People, "She cannot go because of current legal issues."

She has, however, been confirmed as a major act at a 50th birthday celebration of her British record label, Island, on May 31.

It is believed that Winehouse, who has been settling into her new home after her lengthy Caribbean vacation, had begun the process of getting a work visa for Coachella but had yet to make a full application. Her London court date is March 17.

When she answered police bail last week and was formally charged, her management assumed that her legal case would not "be sorted out in time" for her to make the music fest. METRO NEWS SERVICES

I'm a weight loss 'sell-out': Seth

PEOPLE Seth Rogen has tantrums when he can't eat, femalefirst.co.uk reports.

The Knocked Up star has shed 30 lbs for his role in the new comic book adaptation of The Green Hornet — in which he plays the crime-fighting vigilante of the same name — but doesn't think he will be able to maintain his new figure when filming ends because dieting has made him so emotional.

"I lost the weight for a role, but I don't know if I'll keep it off. That's the big question. I have a lot of tantrums. I want my food. I cry for no reason," he said.

The actor is adamant he wouldn't have lost the weight if the role didn't require it and admits he feels like a "sell-out" for trying to alter his body shape.

He recently said: "I'm selling out guys. It's the lamest thing ever. It's for The Green Hornet — the only reason. There's no other reason."

Despite winning praise for his new figure, Seth has previously insisted his long-term girlfriend Lauren Miller is indifferent about his new look: "She's stuck by me through thick and thin — literally! She claims she doesn't like me any more now than when I was heavier, but I think that's completely not true." METRO NEWS SERVICES

Ferrets a turn-off for Jennifer

PEOPLE Jennifer Aniston would never date a man who owns a ferret, femalefirst.co.uk reports.

The Marley and Me actress, who is currently romancing musician John Mayer, would be horrified if she discovered a prospective suitor kept the furry creature at his home.

When asked if there was a nightmare pet that would deter her from dating someone, Jennifer replied: "A ferret. That would put me off!"

This isn't the first time the 40-year-old actress has revealed her dislike for ferrets. In 2004, Aniston played a free-spirited woman who owned a ferret in Along Came Polly — but couldn't warm to the animal during shooting.

She said: "It's not the warmest, cuddliest thing. Of all the animals out there to work with, a ferret wouldn't be my first choice." METRO NEWS SERVICES

Jessica 'dukes' it out

PEOPLE Remember all that weight gain hoopla surrounding Jessica Simpson a month or so ago? The singer seems to have wiped them out in the single donning of a pair of short-shorts, a la her Daisy Dukes character from The Dukes of Hazzard movie, popeater.com reports.

At her Florida show on Sunday night, Simpson strutted the stage in her short-shorts with a revealing white bodice and a flannel shirt covering her arms.

In January, Simpson's high-waisted jeans and apparent weight gain made headlines across the country. Simpson, her sister Ashlee and dozens of celebrities spoke out about the reaction, slamming the media and those who criticized her.

"I feel like in our world today we focus on so many things that are completely pointless," Simpson told fans during one concert shortly after the weight stories began. METRO NEWS SERVICES

Twins have blonde moment

PEOPLE Hugh Hefner's latest girlfriends, twins Karissa and Kristina Shannon, offered to help out with 2008 Playmate of the Year Jayde Nicole's charity, Lengths of Love, by donating some of their hair to make wigs and help raise cancer awareness.

Only one problem: The twins' bleach-blonde hair is apparently no good. "The hair used has to be healthy enough to be re-treated and not too over-processed," Nicole tells Fox News. METRO NEWS SERVICES

Chris Martin, U2 fanboy

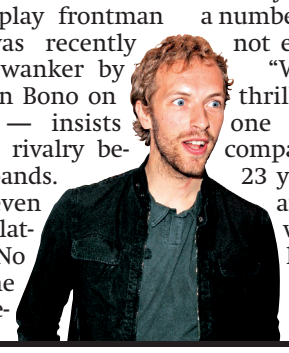
PEOPLE Chris Martin thinks U2's new album is "f—ing brilliant," femalefirst.co.uk reports.

The Coldplay frontman — who was recently branded a wanker by U2 frontman Bono on live radio — insists there is no rivalry between the bands.

Martin even plays U2's latest album, No Line On The Horizon, before Coldplay concerts.

He said: "We never started any rivalry, because we are fully aware that we are a number six band. We are not even number two.

"We are always very thrilled when someone even bothers to compare us, but we are 23 years behind them and they are in a way different league." METRO NEWS SERVICES



Damon does bike trek
Matt Damon cycled off on the 109-kilometre Cape Argus bike trek on Sunday in South Africa. The actor, joined brother Kyle and former rugby captain Francois Pienaar, was among the 35,000 riders attempting the gruelling bike challenge. FEMALEFIRST.CO.UK

Celebrity Buzz

Paris pulls a Vanilli?

PEOPLE Paris Hilton was left humiliated at her birthday party after her new man exposed her lip-synching, femalefirst.co.uk reports.

The socialite — who flew by private jet to Las Vegas with 15 friends to belatedly celebrate turning 28 — was horrified when lover Doug Reinhardt grabbed her microphone as she was performing her song Stars Are Blind at the Body English night club at the Hard Rock Hotel and Casino on Saturday.

A source said: "Paris was really going all-out to impress Doug until he took the mike off her and the singing just carried on. Everyone in the club thought it was hilarious."

Before her rendition, Paris paid tribute to Doug, gushing: "My man is right over there, the sexiest man in the world."

During the evening, Paris — whose birthday was on Feb. 18 — was entertained by Chester French and then presented with a giant pink mushroom-shaped cake decorated with a butterfly before heading up to the penthouse suite at 3 a.m. to continue partying.

Paris had already celebrated her special day in New York, Los Angeles and Tokyo.

METRO NEWS SERVICES

Jackson reaches out

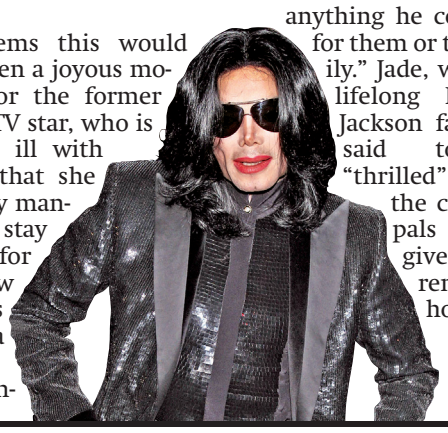
PEOPLE Michael Jackson reached out to terminally ill British celebrity Jade Goody, and it seems to have cheered her up, femalefirst.co.uk reports.

A source told the magazine heat: "He learned of Jade's suffering and wanted to lend his support and comfort her at this awful time."

It seems this would have been a joyous moment for the former reality TV star, who is now so ill with cancer that she can only manage to stay awake for a few minutes at a time. She managed to have a quick conversation with the pop megastar, during which he promised to send her, Jack and her two sons VIP tickets to his upcoming comeback tour.

A friend of Goody's goes on to say, "He (Jackson) was wishing them both the best and asked if there was anything he could do for them or the family." Jade, who is a lifelong Michael Jackson fan, was said to be "thrilled" to get the call, and pals say it's given her renewed hope.

METRO NEWS SERVICES



'He will hit you again,' Oprah warns Rihanna

SCANDAL Oprah Winfrey gave a stern warning to Rihanna, who has taken back Chris Brown (who has been charged with two felonies for assaulting her last month), usmagazine.com reports.

"Both Chris Brown and Rihanna, if I were your friend, I'd call you up and say, 'Give it some time. Get yourself some counseling. Take care of yourself. Heal yourself first,'" said Winfrey, who will dedicate a program this week to discussing domestic violence for "all the Rihannas of the world."

Looking directly into the camera, Winfrey added during Friday's episode of her talk show, "If a man hits you once, he will hit you again. He will hit you again."

Echoed Gayle King, "If you guys want to get back together, I'm OK with that. But at least take some time. I am so worried she is sending the wrong message to the young fans. And him, too!"

On Friday, usmagazine.com reported that Rihanna will testify in the Brown case, if required. "She is planning to do everything that the law requires her to do," her lawyer Donald Etra told Us. "If she is required to testify, she will do so."

METRO NEWS SERVICES

Fame was my addiction: Noel

PEOPLE Noel Gallagher became "addicted" to fame, femalefirst.co.uk reports. The Oasis guitarist believes the band should have taken a break at the height of their mid-'90s success, but he was enjoying the trappings of celebrity too much to stop.

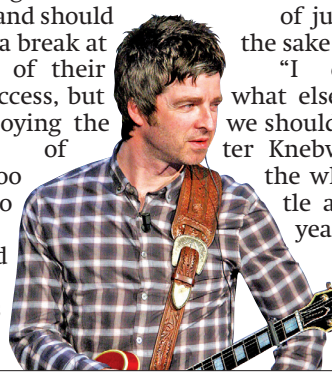
Noel said following the band's two historic nights at U.K. concert venue Knebworth House in 2006 and the departure of two members, "I was kind of just doing it for the sake of it.

"I didn't know what else to do. What we should have done after Knebworth was let the whole thing settle and taken two years off. But with the drugs and all that, you get so addicted to the attention, you also become institutionalized to the band."

Still, the rocker has no regrets: "You start off being a kid in an Adidas top and you end being this guy in a fur jacket and two pairs of f—ing sunglasses. Which, let me tell you, is amazing!

"Those times were incredible."

METRO NEWS SERVICES



Chris Brown to cut a deal?

LEGAL Now that he knows what charges he's facing, Chris Brown reportedly wants to cut a deal with prosecutors in the case over his alleged assault of Rihanna.

Sources tell TMZ Brown would be willing to enter a plea deal, but only to a misdemeanour and with no jail time. The sources say legal consultants have suggested that Rihanna's own aggression during the February incident mean that Brown should not be charged with a felony.

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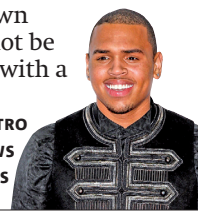

Owen beats out Oceans: Julia

PEOPLE Julia Roberts was relieved to let her guard down around Duplicity co-star Clive Owen, after working with George Clooney and Brad Pitt, people.com reports.

"I didn't have to check the toilet for anything or the light bulbs or the phone," she says of the Oceans Twelve on-set pranks. "It was just good old-fashioned friendship."

METRO NEWS SERVICES

Hayden hates the paparazzi

PEOPLE Hayden Panettiere wasn't in the best of moods at an event in Hawaii recently.

According to Us Weekly, the Heroes star snapped at photographers, saying, "You all make my life miserable." And when a reporter tapped her on the shoulder to ask a for an interview, Panettiere reportedly jerked her head around and screamed, "Don't you ever touch me!"

METRO NEWS SERVICES

Kimora's 'hog wild' wedding

MARRIAGE Kimora Lee Simmons and her beau, actor Djimon Hounsou, apparently got married last summer in Africa — only the union still isn't official in the U.S., sources tell the New York Daily News.

"She went whole hog with the African theme," a source says of the wedding in Hounsou's native Benin. "There were African drums, a traditional ceremony with dancers … they even had a hut!"

METRO NEWS SERVICES

The Weather Network 20 YEARS
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Today: Showers 80% 2° / -6°
Wednesday: Showers 70% 7° / -9°
Thursday: Variable -3° / -11°

The Weather Network 20 YEARS
BEAT THE COLD & FLU SEASON
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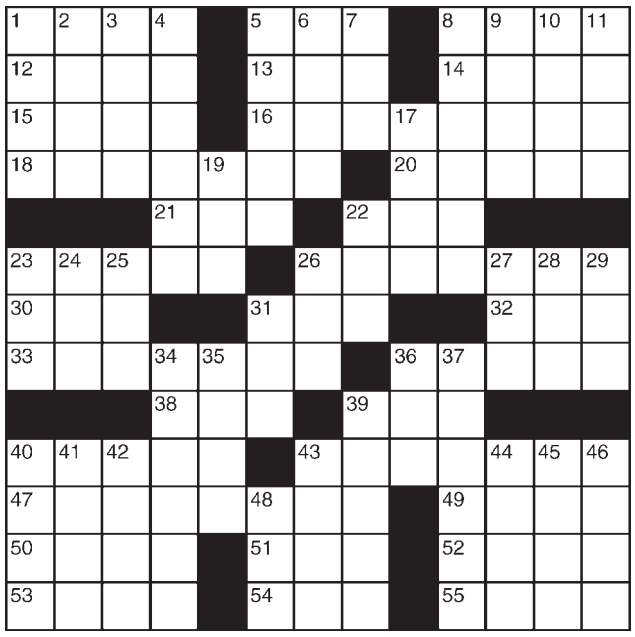

Crossword across

1 Coffin stand
5 Mayberry mail abbr.
8 Rams fans?
12 Run easily
13 Barcelona bravo
14 Speck
15 Ear-related
16 Resoluteness
18 Tasks as yet undone
20 Fuzzbuster's find
21 So five minutes ago
22 Supporting
23 Word on the street?
26 Spoke spitefully about
30 "— the ramparts ..."
31 Cowboy nickname
32 Blond shade
33 Excavating machine
36 Abdomen
38 Dinner for Dobbin
39 Sass
40 As cross as —
43 Illuminated from behind
47 Setting
49 Franc replacement
50 Grades K through 12
51 Historic time
52 Oklahoma city
53 "Vaya con —"
54 Shriner's hat
55 Mexican money

Crossword down

1 Amorphous sci-fi villain
2 Tittle
3 Grand story
4 Believe
5 Automaton
6 Banner
7 Xmas time
8 Set off on a journey
9 Lumber
10 Sicilian spouter
11 Palm reader, e.g.
17 McDonald's founder Ray
19 Drag wearily
22 Office transmission
23 Blubber
24 Meadow
25 Curved line
26 Spelling contest
27 Emeril's shout
28 Doctrine
29 Command-ment possessive
31 Plaything
34 Some military garb
35 Difficult
36 Spasm
37 Maintenance
39 Bolivian city
40 Sleeping
41 Indonesian island
42 Reverberate
43 Unwanted guest, maybe
44 "Clair de —"
45 Rainbow
46 Commotion
48 Ump

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1				2				6
7		9		4		3		8
		4	1		8	2		
3								2
			4		7			
5								4
		7	3		2	8		
8		2		6		5		9
4				9				7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	T	U	D		V	I	C		O	V	A	L		
L	U	K	E		E	V	E		P	E	R	U		
A	B	E	T		H	E	L	L	E	N	I	C		
W	A	S	A	B	I		L	O	R	D	L	Y		
			C	E	C	A		M	A	E				
M	I	C	H	E	L	L	E		S	T	A	G		
B	A	R		P	E	P	Y	S		T	R	A		
A	N	E	W		S	H	E	L	L	A	C	S		
		D	O	H		A	B	E	L					
S	T	I	R	U	P		A	W	A	K	E	N		
N	U	T	S	H	E	L	L		M	A	L	E		
O	B	O	E		A	I	L		A	L	S	O		
B	E	R	N		R	E	S		S	E	E	N		

2	1	7	6	5	9	4	3	8
8	6	9	3	2	4	1	5	7
5	4	3	7	8	1	9	2	6
4	2	8	9	1	3	7	6	5
1	3	5	8	7	6	2	4	9
7	9	6	5	4	2	8	1	3
3	7	2	1	6	8	5	9	4
9	8	1	4	3	5	6	7	2
6	5	4	2	9	7	3	8	1

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Goulash in a Hurry

INGREDIENTS:
2 tbsp (25 ml) extra-virgin olive oil
1 large onion, minced
2 garlic cloves, crushed
3 thick lean, boneless pork loin chops, cut into thin strips
1 tbsp (15 ml) all-purpose flour
2 x 14-oz (398-ml) cans crushed tomatoes
1/2 cup (125 ml) extra-dry vermouth
2 tbsp (25 ml) paprika
1 tsp (5 ml) caraway seeds
1 tsp (5 ml) sugar
2 chicken bouillon cubes, crumbled
1 large green pepper, seeded and chopped
3 cups (750 ml) finely shredded red cabbage
Salt and fresh-ground black pepper
TO SERVE:
4 tbsp (60 ml) sour cream
Paprika
Fresh chives
METHOD:
1. Heat oil in large frying pan or pot over high heat. Add onion, garlic and pork, and sauté 3 minutes or until meat changes colour and becomes firm, and onion is slightly soft. Meanwhile, blend flour with 4 tbsp (60 ml) juice from canned tomatoes for a smooth paste; set aside.
2. Stir vermouth, paprika, caraway seeds and sugar into the frying pan. Add tomatoes, breaking them up as you mix. Stir in bouillon cubes and flour-and-tomato-juice mixture. Bring to boil, stirring, and boil until juices thicken.
3. Stir in green pepper and red cabbage until both are coated in cooking juices. Reduce heat, cover frying pan, and simmer 15 minutes or until meat is cooked and vegetables are crisp-tender.
4. Taste goulash and season with salt and pepper, if necessary. Ladle goulash into bowls and top each with spoonful of sour cream and a sprinkle of paprika. Garnish with chives and serve. **SERVES 4**

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A pest needs a stronger cure. A friend's generosity will please someone. Attend get-togethers to increase your job chances.

TAURUS
APRIL 21-MAY 21
A tall man is overjoyed with a compromise. Friends will pitch in to get something done. No news really is good news.

GEMINI
MAY 22-JUNE 21
A weird mystery is solved by a liar. Try to discourage any rash decisions. You'll attract some compliments.

CANCER
JUNE 22-JULY 22
A zany friend complains of hustle and bustle. Pay attention to what isn't being said. Try something you've never done before.

LEO
JULY 23-AUG 23
A man thrives in a seething condition. You can resist the pangs of sadness. Someone's whining provokes idle threats.

VIRGO
AUG 24-SEPT 22
A sophisticated woman accuses you of emotional detachment. Offer your services to help out. People are talking about a tempting offer.

LIBRA
SEPT 23-OCT 23
A happy-go-lucky guy makes a surprising confession. A notorious liar is being passive-aggressive. An apathetic person causes discomfort.

SCORPIO
OCT 24-NOV 22
Somebody is still waiting for an answer. You'll justify buying a comforting toy. A stoical person gets the message that the time has come.

SAGITTARIUS
NOV 23-DEC 21
A sentimental woman finds happiness. Weather creates relationship problems. A powerful person is on your side.

CAPRICORN
DEC 22-JAN 20
A replacement becomes necessary. A moving statement causes excitement. Loving gestures will be made.

AQUARIUS
JAN 21-FEB 18
An old-timer shoots down a useless theory. Take stock of what you need. You'll find the way to make dreams come true.

PISCES
FEB 19-MARCH 20
Be passionate about a just cause. Social events will slow to a crawl. A guilt trip can bring you good luck.

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155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

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Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
60 Great Lakes Dr. (inside Home Depot)
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26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

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3 - 10019 Keele St.

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Markville Shopping Centre
Pacific Mall

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

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A7 - 4220 Steeles Ave. W

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